

Mucositis (sore mouth/throat)

An inflammation of the tissues in the mouth and/or throat is called mucositis. This can be caused by chemotherapy and radiation. Mucositis can start five to seven days after chemo and about two weeks after radiation to the head and neck. If it occurs, it will heal with time and care.

Mucositis can put you at risk for infection. Good mouth care can help prevent infection.

Seeing your dentist for a check up before you start treatment is advised.

Signs of mucositis may be:

- discomfort or pain
- redness
- mouth sores
- burning feeling
- trouble swallowing
- sensitivity to alcohol, hot, cold, salty, spicy or acidic foods and drinks
- pain or difficulty wearing your dentures

Call your nurse or doctor if you have:

- a fever 38°C or 100.4°F
- trouble eating or swallowing

口腔黏膜炎(口腔/喉嚨疼痛)

口腔黏膜炎是口腔及喉嚨的組織發炎。這是由於化學療法和放射療法所引致。接受化療後的五至七天可引發黏膜炎；頭部及頸部接受放射療法後約兩星期可出現黏膜炎。經過一段時間及良好的護理，黏膜炎是會自癒的。

患黏膜炎可使你容易受到感染。良好的口腔護理對預防感染會有幫助。建議你在接受癌症治療前約見牙醫做牙齒的檢查。

口腔黏膜炎有下列的徵狀：

- 不適或疼痛
- 紅腫
- 口腔潰瘍
- 灼熱感覺
- 吞嚥困難
- 對酒精，熱，凍，鹹，辣或酸性類的食物及飲品會有敏感
- 疼痛或有困難戴上假牙

如果有以下的情況，致電你的護士或醫生：

- 發燒攝氏達 38度或華氏100°4度
- 進食或吞嚥困難

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- white spots in your mouth or on your tongue
- sores in your mouth and/or on your lips

You will require medication to treat these symptoms.

Mouth Care Tips

- Brush your teeth and tongue with a very soft toothbrush. Use a toothpaste with no peroxide, tartar control or fluoride.
Example: Biotene, Sensodyne
- Avoid mouthwashes that contain alcohol.
- Rinse your mouth after eating and before bed. Use one half teaspoon of salt or baking soda to one cup of warm water.
- Do not smoke.
- Do not floss if your blood is low while on chemotherapy.
- If you are having radiation to the head and neck do not floss at all.
- Keep your mouth and lips moist. Sip water often and use lip balm.
- Suck on ice chips, if receiving 5FU (fluorouracil) chemotherapy.

If mucositis occurs:

- Eat soft, moist foods that are at room temperature.
- Avoid acidic foods/drinks such as oranges, tomatoes and fruit juices.
- Avoid crunchy and spicy foods.
- Ask to speak to a dietitian.

- 口腔內或舌頭出現白色斑點
- 口腔及唇上出現潰瘍

這些徵狀你需要藥物治療。

口腔護理的提示

- 使用超柔軟的牙刷刷牙及舌頭。使用不含過氧化氫 (peroxide) , 控制牙石(tartar control) 或氟(fluoride) 的牙膏。
例如: Biotene, Sensodyne
- 避免用含酒精成份的漱口水。
- 進食後及睡眠前用一杯暖水加入半茶匙鹽或梳打粉漱口。
- 不要吸煙。
- 在接受化學療法期間如果有貧血便不要使用牙線。
- 如果你的頭部及頸部接受放射療法絕對不能使用牙線。
- 保持口腔及口唇濕潤。經常吸啜飲料及使用潤唇膏。
- 如你正在接受 5FU (fluorouracil) 化學療法, 可含啜冰塊。

如出現口腔黏膜炎:

- 食柔軟而濕潤的室溫食物。
- 避免酸性食物/飲品, 例如: 橙, 番茄及果汁。
- 避免硬脆及辛辣的食物。
- 聯絡及詢問營養師。

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- Take pain medication.
- Remove your dentures. They can make your mouth sore. If you can not eat without your dentures, wear them to eat then remove them and rinse your mouth.

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- 服食止痛藥物。
- 除掉假牙。假牙可使你的口腔疼痛。如果因無戴上假牙而不能進食，你可在進食時將假牙戴上，餐後除下漱口。