

BURNING MOUTH SYNDROME

Burning mouth syndrome is a condition that causes a burning or fiery sensation in the mouth.

Frequently Asked Questions

1. *What are the symptoms of burning mouth syndrome?*

- A burning sensation, especially on the tip of your tongue.
- A change in taste for no obvious cause.
- A feeling that your mouth is dry.

2. *What is known about burning mouth syndrome?*

- The symptoms usually occur at least two hours a day, and have been present for more than three months.
- The symptoms usually get worse throughout the day.
- The symptoms can be mild or severe, present all the time, or intermittent.
- The condition is more common in women, and occurs more frequently after the age of fifty.

3. *What are the causes of burning mouth syndrome?*

- In many cases, the cause is unknown.
- People with sleep disorders are more at risk.
- It may be a side effect from some medications.
- Other conditions that may cause burning mouth syndrome include infection, diet deficiencies, irritation from a denture, or excessive dryness of the mouth.
- Overly excited nerves [called neuropathic pain], or even stress can initiate the problem.

4. *What can I do about my burning mouth syndrome?*

- See your dentist for examination and a review of your medical and dental history.
- Your dentist may want to perform some tests, such as checking your mouth for excessive dryness, or taking samples from your mouth to look for bacterial, fungal or viral infections.
- Your dentist may want you to see your family physician so they can work together to determine and treat the cause of your discomfort.

5. *What medications or treatments may be helpful for my burning mouth syndrome?*

- Medications that can calm or block neuropathic pain may be recommended.
- Certain oral rinses or saliva substitutes can relieve the symptoms.
- Nutritional supplements such as Alpha-linoleic acid have been effective for some people.
- Some patients find stress reduction management or counseling to be beneficial.