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Cold Sore or Canker Sore?

Two of the most common disorders of the mouth, the cold sore and also the canker sore, are often confused with one another. Knowing the difference between a cold sore and canker sore can impact your option of treatment or home remedy.

The distinction between a cold sore and canker sore is where the sore appears. Both cold sores and canker sores cause sores in or around the mouth. Nevertheless, cold sores are usually discovered outside the mouth and a lot much less frequently inside it. Canker sores, on the other hand, occur only inside the mouth, where they impact the tongue and also the inside linings of the cheeks, lips as well as the throat.

According to the National Institute of Dental and Craniofacial Research, the cause of canker sores isn't well understood. Canker sores don't appear to be triggered by viruses or bacteria, but are rather the result of allergic reactions to food, nutritional deficiencies, some form of autoimmune illness, emotional stress or hormonal imbalances.

Treatment of canker sores can involve allergy testing, nutritional supplements, non-prescription numbing agents like benzocaine, and mouth rinses containing an anti-inflammatory agent or the antibiotic tetracycline. A common home remedy is really a 1:1 dilution of hydrogen peroxide with water, which is then applied to the canker sore having a cotton swab. Little amounts of milk of magnesia are then applied to the canker sore 3 or 4 times each day. This soothes the sore and appears to help using the healing procedure.

Cold sores are an additional kettle of fish. These are definitely caused by the herpes simplex virus, which stays in the body following sores disappear. This may trigger a recurrence of the cold sores at some later time. Cold sores are sometimes known as fever blisters and also the herpes simplex virus is very contagious when fever blisters exist. Not surprisingly, kissing often transmits cold sores. Actually, the Roman emperor Tiberius once banned public kissing due to an outbreak of cold sores within the Roman capitol.

Until science develops a vaccine for the herpes virus, the medical treatment of cold sores will continue to consist of ointments that numb the blisters, anti-viral drugs, antibiotics that control secondary bacterial infections, and ointments that soften the crusts of the sores. A natural cold sore treatment will focus on nutritional supplements like zinc or amino acids, Echinacea and topical antiseptics like tea tree oil.

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