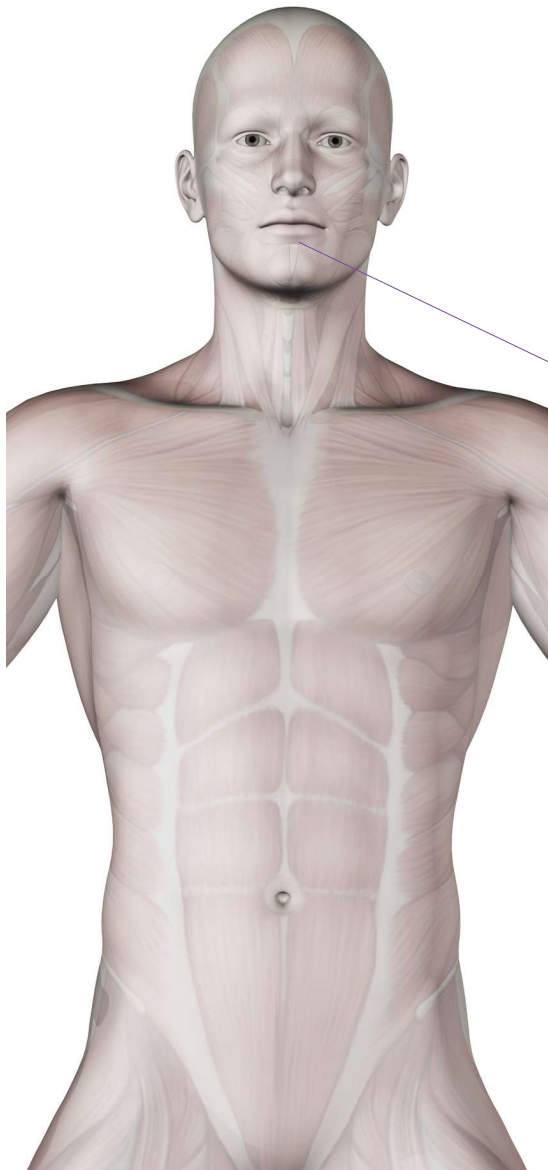


# Mouth Problems

# What are the symptoms?

- **Sensitivity or burning when you eat/drink**
- **Mouth pain affecting your tongue, gums, and the inner lining of the cheeks and lips**
- **Mouth sores**
- **Dry mouth, dry or thick saliva**

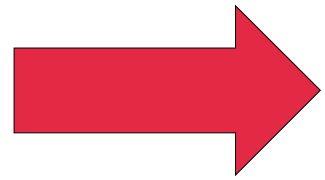


# Where are the symptoms?



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- Sensitivity or burning when you eat/drink
- Mouth pain affecting your tongue, gums, and the inner lining of the cheeks and lips
- Mouth sores
- Dry mouth, dry or thick saliva

# Why should you report these symptoms early to your oncology team?



**Reporting symptoms early increases your chances of staying on your treatment**

- Steps can be taken to address your symptoms early
- Difficulty eating  serious health problems
- Dry saliva  tooth decay or gum disease

# How can I take care of my mouth?

## DO

- Drink lots of fluids every day
- Brush your teeth at least twice a day using a soft toothbrush
- Floss once a day
- Use mouth rinses, mints, or other products recommended by your oncology team to relieve your mouth symptoms
- Have regular dental checkups

## DON'T

- Eat hot, spicy, or acidic foods (such as tomatoes)
- Use commercial mouthwashes or other products not recommended by your oncology team to relieve your mouth symptoms

# Who will help me with oral and dental side effects?

## YOUR ONCOLOGIST



- Always call your oncologist first
- They'll manage most symptoms with dietary modifications and medicine

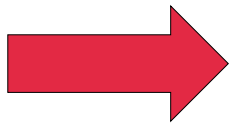
**BUT, if symptoms progress**

- A doctor who specializes in oral and dental issues may need to help
- You may need a special mouthwash
- Severe or life-threatening symptoms
  - May require that you be admitted to the hospital
  - In that case, specialized care and nutrition may be required

# When should I be most concerned?

**If you experience**

- **Weakness, dizziness, or confusion**
- **Intense pain**



**Call your oncologist IMMEDIATELY and be prepared to go to the emergency room**