Burning Mouth Syndrome - 4 Things You Can Do Right Now For Relief Transcript

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Quit Smoking to Reduce Burning Symptoms

Hi, it's Dr. Sklar with some things that you can do to get started right now feeling better and getting relief from burning mouth syndrome and burning tongue syndrome.

Number one on the list is if you are a smoker to make a commitment to quit.

Review Medications That May Trigger Burning Mouth

What this means is setting a quit date, looking for help from the American Heart Association or other local associations that may have stopped smoking groups or speaking to your doctor about help with stopping smoking.

Smoking is going to hinder the progress and the healing of your burning mouth and burning tongue syndrome. The other thing is look at what medications you're on.

There are certain medications that have been associated with burning-mouth syndrome and Burning Tongue Syndrome. Chief among these is a blood pressure medication of a particular class called the ACE inhibitors.

They are medications like lysinepril or printivil. Other medications that can create burning tongue problems and contribute to dry mouth are antihistamines, which are commonly used for hay fever and allergies.

I don't recommend stopping these medications yourself, but certainly you should review them with your doctor and see if you can possibly change them.

Check for Diabetes and Vitamin Deficiencies

The third area to look into is whether you could have a metabolic problem causing your burning tongue and burning mouth syndrome. Diabetes can be a cause of burning in the mouth, so you will want to see your doctor about getting blood sugars tested.

And another area of cause for burning the tongue or burning your mouth is B vitamin deficiencies. So again, have yourself tested for vitamin B12.

Get an Oral Exam to Rule Out Other Causes

Of course, you will want to have seen an oral professional, dentist, ear, nose, and throat doctor or oral surgeon to check your mouth and tongue to see if there are any sores or growths of any type that could explain the burning.

Once these things are done, if you still remain with your problems, then we can help you with the Burning Mouth Syndrome Advanced Support.