

Chapter 1 : Medical Ventilator System Basics : Yuan Lei (author) : : Blackwell's

If searched for the book by Horacio J., M.D. Adroque; Donald E., M.D. Wesson Salt & Water (Blackwell's Basics of Medicine) in pdf format, then you have come on to the loyal website.

Practical Examples of Osmosis in Medicine Basically, this concept becomes important when we start to administer hypertonic or hypotonic solutions. This means that the red blood cells themselves will no longer be capable of carrying oxygen and serving their purpose. Now, so long as the canula is in a large vein, it will be able to draw fluid from a large area. However, if the canula is inserted in a small vein or accidentally inserted into the intersitial space and not a vein, it will not be able to draw fluid from all over, and consequently draw all the fluid from the surrounding cells. This will cause the cells to shrink crenate and again, become unable to sustain life. In these circumstance, patients may develop cellulitis or damaged veins. Examples of Osmosis in Cells? This becomes important when looking at the structure of cells in biology. If a cell has a high concentration of a solute salt it will draw fluid into its cell. If allowed to continue to do this, it will eventually swell up and rupture this is called cell lysis. If a cell has a low concentration of a solute it will lose fluid as the fluid within its cell is allowed to be drawn out of the cell through osmosis and into the intersitial space. This will cause the cell to shrink this is called cell crenation. If you put rice into a bowl of water, the water will move into the rice causing them to swell, while causing the water level to drop. Example of osmosis 3. This will cause the cell to shrink crenate. Example of osmosis 4. In medicine, if a patient draws in salt water, the hypertonic water in the lungs will cause more fluid to be drawn out of the pulmonary arteries into the alvioli and lungs. This will more often result in pulmonary oedema than a patient who has drawned in fresh water. Example of osmosis 5. Now, if you were to give mannitol which is a very hypertonic solution the fluid within the blood will be drawn out of the cells and into the mannitol solution. Example of osmosis 6 When the stem of a plant is cut and placed in water for example a vase , the water will move up through the stem by a process of osmosis, in which the water is flowing to the higher concentration of solvents found in the plant. By understanding these examples of osmosis you will be able to better apply the concept of osmosis to practical uses in medicine, paramedicine, nursing, and many fields of general science. Emergency Medical Paramedic All information is provided for educational purposes only and should not be taken as medical advice.

Chapter 2 : The Basics of CF | The Cystic Fibrosis Center at Stanford | Stanford Medicine

The "Blackwell's Basics in Medicine" series deals with fluids and electrolyte balance. Each title addresses one particular topic. This first title focuses on salt and water, with further titles on acid base and potassium.

URL of this page: It is also called a surgical wound. Some incisions are small, others are long. The size of the incision depends on the kind of surgery you had. Sometimes, an incision breaks open. This may happen along the entire cut or just part of it. Your doctor may decide not to close it again with sutures stitches. What to Expect at Home If your doctor does not close your wound again with sutures, you need to care for it at home, since it may take time to heal. The wound will heal from the bottom to the top. A dressing helps absorb drainage and keep the skin from closing before the wound underneath fills in. Proper Handwashing It is important to clean your hands before you change your dressing. You can use an alcohol-based cleanser. Or, you can wash your hands using these steps: Take all jewelry off your hands. Wet your hands, pointing them downward under warm running water. Add soap and wash your hands for 15 to 30 seconds sing "Happy Birthday" or the "Alphabet Song" one time through. Clean under your nails also. Dry with a clean towel. Removing the Old Dressing Your health care provider will tell you how often to change your dressing. To prepare for the dressing change: Clean your hands before touching the dressing. Make sure you have all the supplies handy. Have a clean work surface. Remove the old dressing: Carefully loosen the tape from your skin. Use a clean not sterile medical glove to grab the old dressing and pull it off. If the dressing sticks to the wound, wet it and try again, unless your provider instructed you to pull it off dry. Put the old dressing in a plastic bag and set it aside. Clean your hands again after you take off the old dressing. Caring for the Wound You may use a gauze pad or soft cloth to clean the skin around your wound: Use a normal saline solution salt water or mild soapy water. Soak the gauze or cloth in the saline solution or soapy water, and gently dab or wipe the skin with it. Try to remove all drainage and any dried blood or other matter that may have built up on the skin. DO NOT use skin cleansers, alcohol, peroxide, iodine, or soap with antibacterial chemicals. These can damage the wound tissue and slow healing. Your provider may also ask you to irrigate, or wash out, your wound: Fill a syringe with salt water or soapy water, whichever your doctor recommends. Hold the syringe 1 to 6 inches 2. Spray hard enough into the wound to wash away drainage and discharge. Use a clean soft, dry cloth or piece of gauze to carefully pat the wound dry. Putting on the New Dressing Place the clean dressing on the wound as your provider taught you to. You may be using a wet-to-dry dressing. Clean your hands when you are finished. Throw away the old dressing and other used supplies in a waterproof plastic bag. Close it tightly, then double it before putting it in the trash. Wash any soiled laundry from the dressing change separately from other laundry. Ask your provider if you need to add bleach to the wash water. Use a dressing only once. When to Call the Doctor Call your doctor if: There is more redness, pain, swelling, or bleeding at the wound site. The wound is larger or deeper, or it looks dried out or dark. The drainage coming from or around the wound increases or becomes thick, tan, green, or yellow, or smells bad which indicates pus. Your temperature is Wound care and dressings. Basic to Advanced Skills.

Chapter 3 : Examples of Osmosis

The choice of a salt in the lab is determined primarily by the acidity or basicity of the drug (the pH), the safety of the ionized form, the intended use of the drug, how the drug is given (by mouth, injection, etc), and the type of dosage form (tablet, capsule, liquid, etc).

Improves circulation Detoxifies the body of heavy metals There is no evidence for these claims. They are speculations based on findings about larger amounts of minerals that are present only in minute amounts in pink Himalayan salt. Mercola makes similar health claims and sells his own brand in which the: The connectedness allows the vibrational component of the 84 trace elements present in their natural mineral form in the salt to be in harmony with each other and adds to the ability to promote a healthy balance. It is also recommended for bathing and for use in a salt lamp to improve air quality and release negative ions, providing various health benefits such as taming allergies and asthma, boosting energy levels, and treating depression. There is no evidence that these lamps produce negative ions or improve your health. Even Snopes has pronounced the claims false. That assumption is completely misguided. Most sources list far fewer trace minerals and elements in the human body, from 41 to 60, some in barely detectable amounts. And many of those 60 are toxic and radioactive, not only useless to human physiology but harmful. Radioactive elements like uranium can be detected in trace amounts in the human body, but they should be considered contaminants, not useful nutrients. I went back and looked at the spectral analysis. It is readily available online and reading it is illuminating. The other three quarters are not recognized nutrients and would be better classified as contaminants. They have no known health benefits, and many of them are known to be harmful. The list includes many poisons like mercury, arsenic, lead, and thallium. It includes radioactive elements: Radiation causes cancer, and even tiny amounts are potentially harmful. It could mean there is none present, but bragging about the 84 minerals contained in pink Himalayan sea salt means the company is claiming all 84 are present. Ironically, two minerals on the list, technetium and promethium, are listed as unstable artificial isotopes! No amount is given, presumably because they decay to something else before they can be measured. How do you suppose these manmade elements found their way into that pure, natural, pristine, ancient Himalayan sea salt? The entire analysis is a tribute to how good our labs have gotten at detecting minuscule levels of contaminants that can be found everywhere in our environment. Some of the amounts measured are less than one part per billion. The study The study they cite is described on the Himalayan Crystal Salt website. It was a 30 day double-blind placebo-controlled trial with 70 participants. This does not appear to be a study published in a peer-reviewed journal. It is not listed on PubMed. And their findings have not been replicated elsewhere; most published studies turn out to be wrong, so we should never believe a single study in isolation. They mention one corroborating reference: *The Essence of Life*, which apparently offers only anecdotal patient reports. Neither the book nor the study constitute scientific evidence of health benefits. Do people who use sea salt live longer, have fewer heart attacks, have fewer colds? Do their wounds heal faster? Are they less likely to develop cancer? Even the claims that it tastes better are open to question. Humans are notoriously good at fooling themselves when they think they know what they are getting. For instance, there was a study where they put the same wine in two bottles, identical except for the price tag, and subjects consistently said they preferred the taste of the wine in the bottle with the higher price tag. I would be very surprised if the average person could distinguish between food prepared with Himalayan salt and regular salt. Even if it tasted better, would it taste enough better to justify the much higher price and the possible risks of exposure to radiation and poisons? Its popularity is a triumph of marketing over science and common sense. During a long career as an Air Force physician, she held various positions from flight surgeon to DBMS Director of Base Medical Services and did everything from delivering babies to taking the controls of a B She retired with the rank of Colonel. In she published her memoirs,.

Chapter 4 : The Basics of Post-Nasal Drip | Everyday Health

Acid base blackwells basics of medicine Bmw k service repair manual Onrust In Medisch Centrum West Open Water Diver Answers Appendix Bomag Bw 80 Adh 2 Manual.

You may have a more serious condition. You should tell your doctor you are taking magnesium sulfate before having any type of surgery, including dental procedures. Also, alert your physician if you drink alcohol or caffeine, if you smoke, if you use street drugs, or if you are dehydrated before taking magnesium sulfate.

Pregnancy and Magnesium Sulfate Magnesium sulfate is a pregnancy category D drug, which means it could harm an unborn baby. You should tell your doctor if you are pregnant or plan to become pregnant before taking this mineral. Magnesium sulfate may cause low levels of calcium and bone problems in an unborn baby if taken for longer than five to seven days during pregnancy. You should talk to your doctor before breastfeeding while taking this medicine.

Diarrhea Upset stomach Serious Side Effects of Magnesium Sulfate You should tell your doctor right away if you experience any of the following serious side effects: To take magnesium sulfate orally, dissolve one dose in 8 ounces of water. Stir and drink all of the mixture right away. If taken orally, magnesium sulfate should produce a bowel movement within 30 minutes to six hours. You should drink plenty of fluids while taking this mineral. However, you may be given the medicine to inject at home. Follow the directions given to you by your health care provider.

Magnesium Sulfate as a Soak: You can also use magnesium sulfate as an Epsom salt soak. Dissolve into a large amount of water in a large bowl, bucket, foot tub, or bath tub. You should follow the directions on the product about how much magnesium sulfate to use per gallon of water.

Magnesium Sulfate Overdose If you suspect an overdose, you should contact a poison control center or emergency room immediately. You can get in touch with a poison control center at [Missed Dose of Magnesium Sulfate](#)

Magnesium sulfate is usually used on an "as-needed" basis, so you are unlikely to miss a dose. Contact your doctor if you miss a scheduled dose of the medicine. You can browse [Drugs A-Z](#) for a specific prescription or over-the-counter drug or look up drugs based on your specific condition. This information is for educational purposes only, and not meant to provide medical advice, treatment, or diagnosis. Remember to always consult your physician or health care provider before starting, stopping, or altering a treatment or health care regimen. Every effort has been made to ensure that the information provided by on this page is accurate, up-to-date, and complete, but no guarantee is made to that effect. Drug information contained herein may be time sensitive. The information on this page has been compiled for use by healthcare practitioners and consumers in the United States and therefore neither Everyday Health or its licensor warrant that uses outside of the United States are appropriate, unless specifically indicated otherwise. Neither Everyday Health nor its licensors endorse drugs, diagnose patients or recommend therapy. The absence of a warning for a given drug or drug combination in no way should be construed to indicate that the drug or combination is safe, effective or appropriate for any given patient. Neither Everyday Health nor its licensor assume any responsibility for any aspect of healthcare administered with the aid of the information provided. The information contained herein is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. If you have any questions about the drugs you are taking, check with your doctor, nurse or pharmacist.

Chapter 5 : 4 Ways to Clear the Throat of Mucus - wikiHow

A chloride channel helps maintain the proper balance of salt and water within a cell. A mutation in CFTR causes a dysfunction of the salt and water balance. This causes dehydration of the secretions (thick mucous) and excessive loss of salt in sweat.

Search by name or topic Cystic Fibrosis CF is one of the most common genetic inherited diseases in America. It is also one of the most serious. It mainly affects the lungs and the digestive systems in the body, causing breathing problems and problems digesting foods. It is a chronic disease that currently has no cure. Glands in the body that usually produce thin, slippery secretions like sweat, mucous, tears, saliva, or digestive juices produce thick, sticky secretions. These thick, sticky secretions plug up the ducts small tubes that should carry the secretions either outside of the body or into a hollow organ such as the lungs or the intestines. This can affect vital body functions such as breathing or digestion. CF is present at birth because both parents carried a CF gene, and their infant inherited a CF gene from each parent. Not every child from this family will necessarily have CF. Other children could inherit a single CF gene from just one parent, and thus become a carrier for CF, or they could inherit no CF gene and be completely free from CF. Since , when the CF gene was first discovered, research has made great progress in understanding CF. How is CF diagnosed? A suspicion of CF occurs when some of these symptoms are present: Persistent cough, wheezing, or recurrent pneumonia Good appetite, but poor weight gain Loose, bad-smelling bowel movements A salty taste to the skin Clubbing enlarging of the fingertips A simple, painless test called a sweat chloride test can then be done. CF causes a large amount of salt to be lost in the sweat. Measuring the amount of salt in the sweat can determine whether or not a person has CF. Genetics and CF What is a gene? A gene is the basic unit of heredity. Genes are responsible for the physical characteristics that each person has like eye color, facial features, and many health conditions. Each gene occupies a certain location on a chromosome a thread-like material that is located in the nucleus of every single cell in the body. Chromosomes come in 23 pairs, and each chromosome carries thousands of genes. The role of a gene is determined by its individual DNA code deoxyribonucleic acid, the chemical coding for a gene. DNA is made up of four building blocks called bases. These bases are joined in a specific order for each gene. When a change occurs in the arrangement of the bases, it can cause the gene not to work properly. What are genetic disorders? A structural gene change which can cause a disease or a birth defect is called a mutation. Genes are inherited in pairs, with one gene inherited from each parent to make the pair. Cystic fibrosis occurs when both genes in the pair have a mutation. A person with cystic fibrosis inherits one CF gene from each parent. Cystic fibrosis is a genetic disorder caused by inheriting a pair of genes that are mutated or not working properly. However, some of the inherited copies are mutations. To date, over mutations of the CFTR gene have been identified. These mutations can either be homozygous, the same, or heterozygous, different mutations. Those homozygous for this mutation tend to be pancreatic insufficient. What Does the Mutation Do? The CFTR gene is a protein that functions as a chloride channel. A chloride channel helps maintain the proper balance of salt and water within a cell. A mutation in CFTR causes a dysfunction of the salt and water balance. This causes dehydration of the secretions thick mucous and excessive loss of salt in sweat. What is a carrier? A carrier is a person who only has one copy of the mutated gene. The parents of a child with CF each carry one CF gene and one normal gene. They have no symptoms and no disease. How does CF occur? When each of the parents contributes a gene to their child, they could pass on either their CF gene or their non-CF gene. Each pregnancy could result in one of three outcomes: At the present time, carrier testing is available through a DNA test. If a family member has CF and the gene mutation is known, discovery of the CF gene in other family members can be made with great accuracy. CF and the Lungs What happens in the lungs: The lungs are like an upside down tree: Normally, tiny hair-like structures known as cilia remove mucus and other substances from the lungs, and bacteria are cleared out. But, because CF produces thick, sticky mucus, the cilia cannot sweep the lungs, and the bacteria remain. Mucus then builds up in the lungs, and lung function starts to drop. It is this residual infection and poor lung functioning that can cause permanent lung damage over time. What treatment can be done: The

basic daily care program varies to suit individual needs. These are some common pulmonary therapy treatments: First an inhaled medication to open up the lung passages Then an airway clearance technique to mobilize the thick mucus from the lungs Finally medications, if prescribed, to treat infection or help thin mucous

Common Airway Clearance Techniques: Using cupped hands to clap on the back and chest

Percussor: A pocket device that provides positive expiratory pressure PEP therapy. It looks like a fat pipe. Inside the pipe is a plastic cone cradling a steel ball sealed with a perforated cover. Exhaling through your mouth into the flutter with a moderate force causes the ball to oscillate move back and forth in the pipe. Oscillation is transmitted throughout the airways, loosening secretions. The force of exhalation helps to mobilize secretions. Known as high frequency chest compression HFCC , this device is worn like a vest. It works in two ways: This technique, though sometimes difficult to learn and do correctly, does not require any assistive devices. This method requires training with a respiratory therapist to perform properly. ACB is combined with a forced expiratory technique which uses "huffing" from various lung volumes to assist in removal of secretions and thoracic expansion exercises. Intrapulmonary Percussive Ventilation IPV is an airway clearance technique that uses compressed gas to deliver a series of pressurized gas minibursts to the respiratory tract usually by a mouthpiece. The IPV device is a pressurized aerosol machine that delivers aerosolized medications through a mouthpiece under pressure and with oscillations that vibrate the chest and loosen airway secretions.

Lung Infections

What Is an Infection? What happens in an infection? Invaded by these unfriendly organisms, the tissue becomes inflamed, the normal reaction of tissue to injury. Inflammation is characterized by heat, swelling, redness, and pain. The invading microorganisms damage lung tissue. Damaged cells send out chemical messages to the body, called chemotactic substances. As in any battle, many organisms die. These dead cells can accumulate in the lungs in the form of increased mucus.

Why Do People with CF have to worry about all this? People with CF have thick mucus which can trap microorganisms in the lungs. Thick mucus is hard to remove, so the microorganisms remain in the lungs, growing and reproducing. Once these organisms are established in the lungs, there are more frequent lung infections. Infection weakens the body and the immune system. Repeated infections initiate a cycle of inflammation and infection which soon becomes a chronic condition.

What are the consequences of chronic lung inflammations and infection? CF and the Digestive System

What is the digestive system? The mouth is the start of the digestive system. Saliva starts the digestive process. Food is chewed, swallowed, passes down the esophagus into the stomach where more digestion occurs. But, most digestion occurs in the small intestine. It is here that enzymes help break down food so that it can be absorbed into the bloodstream and used for energy. Enzymes are secreted by the pancreas, a small gland located just above the small intestine. The main job of the pancreas is to secrete these enzymes; it also is the place where insulin is made. After enzymes have broken the food down it is absorbed. Any food not broken down passes into the large intestine and is excreted.

Chapter 6 : Drug Names and Their Pharmaceutical Salts - www.nxgvision.com

Elizabeth Blackwell was born in Bristol, England in 1800, to Hannah Lane and Samuel Blackwell. Both for financial reasons and because her father wanted to help abolish slavery, the family moved to America when Elizabeth was 11 years old.

There may be important differences in absorption, dosing, or uses. According to FDA, drug products are considered pharmaceutical alternatives not bioequivalent if they contain the same therapeutic moiety active ingredient, but are different salts. An example of this would be tetracycline hydrochloride, mg capsules vs. Most drug salts do not lend a therapeutic action to a drug other than enhancing drug dissolution, absorption, or formulation characteristics. However, some drug salts may have an added therapeutic effect. In fact, per USP Salt Policy, if the drug salt is considered an active ingredient, the drug will only be called by its active ingredient drug name, without the salt at the end of the name, to help prevent confusion. An example is the best way to explain this question. Prilosec OTC is the magnesium salt of omeprazole in a delayed-release capsule form. Whether omeprazole has a salt or not really results in little difference is how well it works, although, according to the FDA, they are not bioequivalent or interchangeable. In fact, they have different uses based on the clinical studies completed. In addition, Prilosec OTC is to be used once a day every 24 hours, but only for 14 days straight, and then repeated not more often than every 4 months unless directed otherwise by your doctor. Often, generic drug names will be used by healthcare providers and the general public without the salt ending, just out of convenience. So for example, while the narcotic-like painkiller tramadol and tramadol hydrochloride may sound like two different drugs, they are actually the same drug. When you check for a drug interaction, you may run into the same problem. Does the salt form add any therapeutic effect to the drug, in addition to the main active ingredient? Usually, the salt form of a drug does not lend therapeutic qualities to the active ingredient. Different salt forms may not be bioequivalent, meaning that the therapeutic effect in the body is not expected to be the same. On the other hand, some drugs may have qualities where the salt lends a therapeutic effect, and for this reason it is important to check with your pharmacist and physician to make sure different salt forms are substitutable. Drug names can be confusing for healthcare providers and patients alike. If you have questions about a particular drug or its salt form, be sure to ask your pharmacist, who can provide detailed information to both you and your doctor, if needed. Can a drug salt be patented? Yes, drug salts can be patented when combined as part of a proprietary drug product. For example, diclofenac sodium salt was originally marketed orally as the brand Voltaren. However, other salts like diclofenac epolamine with good skin penetration were developed and patented, too. Flector Patch diclofenac transdermal is one new diclofenac salt form approved and marketed in the US. Omeprazole was originally developed in a capsule dosage form, but was later formulated into a tablet after it was combined with a magnesium salt. A new patent timeline would be issued with the new molecular entity. The unauthorized use of a proprietary salt form is restricted by patent law, and often results in legal battles between drug manufacturers.

Chapter 7 : Drinking Water: MedlinePlus

Have him gargle with warm salt water (1/4 to 1/2 teaspoon of salt per cup (8 ounces) of water). Give him throat lozenges or hard candy to suck on. Over-the-counter cold medications may ease.

The salt is obtained naturally from the sea, and does not go through any processing that alters the natural make-up of the salt. Thus it contains many essential trace minerals that your body needs in order to be healthy. This natural salt is healthier than the iodized salt available in the market.

Strong Immune System – Sea salt naturally helps you to build up a strong immune system so that you can fight off the cold virus, the fever and flu, allergies and other autoimmune disorders.

Alkalizing – Sea salt is alkalizing to the body, as it has not been exposed to high heat and stripped of its minerals, nor does it have any harmful man-made ingredients added to it. Thus it can help you to prevent and reverse high levels of acids in the body, which in turn eliminates the risks for serious and life-threatening diseases.

Weight Loss – Believe it or not, but sea salt can also help you in weight loss. It helps the body to create digestive juices so that the foods you eat are digested faster, and it helps to prevent buildup in the digestive tract, which eventually can lead to constipation and weight gain.

Skin Conditions – A sea salt bath can help to relieve dry and itchy skin as well as serious conditions such as eczema and psoriasis. The bath naturally opens up the pores, improves circulation in the skin and hydrates the tissues so that your skin can heal.

Asthma – Sea salt is effective in reducing inflammation in the respiratory system. Thus the production of phlegm is slowed down so that you can breathe easier again. Some say that sprinkling sea salt on the tongue after drinking a glass of water is just as effective as using an inhaler. But the great thing about sea salt is that it has no side effects when taken in moderation.

Heart Health – When salt is taken with water it can help to reduce high cholesterol levels, high blood pressure and help to regulate an irregular heart beat. Thus sea salt can help to prevent atherosclerosis, heart attacks and strokes.

Diabetes – Sea salt can help to reduce the need for insulin by helping to maintain proper sugar levels in the body. Thus the salt is an essential part of the diet if you are diabetic, or at risk for the disease. When the body lacks salt and water it begins to draw the sodium from the bones, which then eventually can lead to osteoporosis. Thus by drinking plenty of water and consuming salt in moderation you can prevent osteoporosis.

Muscle Spasms – Potassium is essential for helping the muscles to function properly. Sea salt not only contains small amounts of potassium, but it also helps the body to absorb it better from other foods. Thus it is effective in helping to prevent muscle pains, spasms and cramps.

Depression – Sea salt also has shown to be effective in treating various types of depression. The salt helps to preserve two essential hormones in the body that help you to better deal with stress. These hormones are serotonin and melatonin, which help you to feel good, and relax and sleep better at night. Because a crisis rarely stops with a triggering event the aftermath can spiral, having the capacity to cripple our normal ways of life. The well-rounded, multi-layered approach outlined in the Blueprint helps you make sense of a wide array of preparedness concepts through easily digestible action items and supply lists. This information has been made available by Ready Nutrition.

Chapter 8 : 3 Ways to Gargle Saltwater - wikiHow

Caravelle Owners Manua Environmental Law In Malaysia Second Edition Earth 2 17 Arco Act American College Test Acid Base Blackwells Basics Of Medicine.

Your doctor or dentist can identify them with a visual exam. In some cases, you may have tests to check for other health problems, especially if your canker sores are severe and ongoing. But large, persistent or unusually painful sores often need medical care. A number of treatment options exist. Mouth rinses If you have several canker sores, your doctor may prescribe a mouth rinse containing the steroid dexamethasone dek-suh-METH-uh-sown to reduce pain and inflammation or lidocaine to reduce pain. Topical products Over-the-counter and prescription products pastes, creams, gels or liquids may help relieve pain and speed healing if applied to individual sores as soon as they appear. Some products have active ingredients, such as: Ask your doctor or dentist for advice on which may work best for you. Oral medications Oral medications may be used when canker sores are severe or do not respond to topical treatments. Medications not intended specifically for canker sore treatment, such as the intestinal ulcer treatment sucralfate Carafate used as a coating agent and colchicine, which is normally used to treat gout. Cautery of sores During cautery, an instrument or chemical substance is used to burn, sear or destroy tissue. Debacterol is a topical solution designed to treat canker sores and gum problems. By chemically cauterizing canker sores, this medication may reduce healing time to about a week. Nutritional supplements Your doctor may prescribe a nutritional supplement if you consume low amounts of important nutrients, such as folate folic acid , vitamin B-6, vitamin B or zinc. Related health problems If your canker sores relate to a more serious health problem, your doctor will treat the underlying condition. Lifestyle and home remedies To help relieve pain and speed healing, consider these tips: Dab a small amount of milk of magnesia on your canker sore a few times a day. Avoid abrasive, acidic or spicy foods that can cause further irritation and pain. Apply ice to your canker sores by allowing ice chips to slowly dissolve over the sores. Brush your teeth gently, using a soft brush and foaming-agent-free toothpaste such as Biotene or Sensodyne ProNamel. Preparing for your appointment Your doctor or dentist can diagnose a canker sore based on its appearance. Information to gather Before your appointment make a list of: Your symptoms, including when they first started and how they may have changed or worsened over time All your medications, including over-the-counter medications, vitamins or other supplements, and their doses Any other medical conditions, to see if any relate to your symptoms Key personal information, including any recent changes or emotional stressors in your life Questions to ask your doctor or dentist to make your visit more efficient Here are some basic questions to ask: Do I have a canker sore? If so, what factors may have contributed to its development? If not, what else could it be? Do I need any tests? What treatment approach do you recommend, if any? What self-care steps can I take to ease my symptoms? Is there anything I can do to speed up healing? How soon do you expect my symptoms will improve? Is there anything I can do to help prevent a recurrence? What to expect from your doctor or dentist Be ready to answer questions from your doctor or dentist, such as: What are your symptoms? When did you first notice these symptoms? How severe is your pain? Have you had similar sores in the past? If so, have you noticed if anything in particular seemed to trigger them? Have you been treated for similar sores in the past? If so, what treatment was most effective? Have you had any recent dental work? Have you recently experienced significant stress or major life changes? What is your typical daily diet? Have you been diagnosed with any other medical conditions? What medications are you taking, including prescription and over-the-counter medications, vitamins, herbs and other supplements? Do you have a family history of canker sores?

Chapter 9 : Canker sore - Diagnosis and treatment - Mayo Clinic

Please remember that all information on this wiki is not intended to diagnose or treat your pet. Information presented here is for educational purposes only and not to substitute for a veterinary consultation.