

# Healthy People Dental

## **Mouth Sores**

Have you ever had a sore in your mouth the size of a pinhead that feels like a boulder covered with flame throwers? A tiny sore can cause a lot of pain when it's inside your mouth. The good news is that they usually heal in a week or two, but while you have them it's no fun.

What causes mouth sores? The American Dental Association advises it could be one of several things:

- Infections from bacteria, viruses or fungus
- Irritation from a loose orthodontic wire, a denture that doesn't fit, or a sharp edge from a broken tooth or filling
- A symptom of a disease or disorder

If you have a mouth sore that lasts for more than a week, you should have your dentist take a look at it. For more information, visit the American Dental Association's consumer site at [www.mouthhealthy.org](http://www.mouthhealthy.org).



## **Mouth Healthy Recipe**

July is prime time for fresh blueberries! The delicious little berries are chock full of nutrition, and super easy to eat! Toss a few on top of your cereal in the morning, mix with some yogurt, or just grab a handful and eat them like popcorn! This salad is simple and healthy. You can change it up with a balsamic dressing, or use a different cheese (see suggestions below). Enjoy the blueberry season!

### **Blueberry Walnut Salad**

#### **Ingredients:**

1 10-ounce package of mixed salad greens (or your favorite freshly washed greens)  
1 pint fresh blueberries  
¼ cup walnuts  
½ cup raspberry vinaigrette salad dressing  
¼ cup crumbled feta cheese (or substitute blue cheese or goat cheese)

#### **Directions:**

In a large bowl, toss the salad greens with the blueberries, walnuts, and vinaigrette. Top with cheese to serve.

