

Oral Thrush

Thrush is a type of oral candidiasis, a fungal infection that grows in your mouth, throat, or other parts of the body. Oral thrush shows itself as creamy white fungal growth that can dry out and cause lesions inside of your mouth. These lesions can become inflamed and cause mouth pain and redness, as well as bleed when brushing teeth. In particular severe cases, these lesions can spread to your esophagus and cause severe pain and fever. Thrush is caused by the fungus *Candidia*, and most often affects toddlers, or older people with weakened immune systems. In those with cancer or HIV, thrush can spread to other vital organs.



What Causes Thrush?

Most people have very small amounts of the *Candida* fungus in their mouth all the time. Certain factors such as a suppressed immune system, stress, illnesses, or certain medications can throw off this balance and cause the fungus to flare up. Medications that can cause flares are corticosteroids, antibiotics, and birth control pills.



How to Treat thrush

Oral thrush is easy to treat in healthy adults, but the symptoms can be more stubborn in children, older people, or immune compromised people. Thrush is treated with antimycotics that are either applied directly or taken by mouth. Medication applied topically is more effective, and causes less side effects.



How to Prevent Thrush

Not a lot of research has been done into the causes of thrush, but it typically only affects those with a compromised immune system. Proper oral hygiene, as well as regular dental checkups will always help reduce the risk of oral conditions.