

# Oral Candidiasis aka Oral Thrush

Oral candidiasis, commonly known as oral thrush, is a fungal infection that grows in your mouth or throat, and most often on the tongue. Most people have very small amounts of the fungus in their mouth all the time that are not an issue.

When oral thrush shows itself as creamy white covering, it becomes an issue that can dry out and cause lesions (cuts) inside of your mouth. These lesions can become inflamed and cause mouth pain and redness, as well as bleed when brushing teeth. In severe cases, these lesions can spread to your esophagus and cause pain and fever.

Oral thrush most often affects toddlers, the elderly, and people with weakened immune systems. In people with cancer or HIV, oral thrush can spread to other vital organs.



## What Can Cause Oral Thrush?

- Suppressed or weakened immune systems from stress or certain diseases
- Long-term steroid and antibiotic treatments
- Malnutrition or not having a healthy diet

## How to Prevent Oral Thrush

Oral thrush rarely occurs in people with healthy immune systems. For people with weakened immune systems, you can do the following to help prevent oral thrush:

- Maintain a healthy diet
- Brush, floss, and rinse with mouthwash regularly



## How Your Dentist or Doctor Can Treat Oral Thrush

- Topical antifungal therapy (applying an antifungal cream on the infected areas)
- Medicated oral rinses and mouthwashes
- IV-fluids to help with malnutrition