

# Sore Mouth or Throat with Cancer Treatment

Cancer treatments can cause a sore mouth, sores in the mouth, tender gums or a sore throat. This makes it hard to chew or swallow. Ask your doctor to give you medicine that will help your mouth and throat pain. There are things you can do to ease and prevent a sore mouth or throat such as:

- **Eat soft foods.**
  - Milkshakes
  - Bananas, applesauce, or other soft fruit
  - Cottage cheese or yogurt
  - Mashed potatoes or noodles
  - Macaroni and cheese
  - Custards, puddings or gelatin
  - Scrambled eggs
  - Oatmeal or cooked cereal
  - Pureed or mashed vegetables
  
- **Avoid foods that can hurt your mouth.**
  - Oranges, grapefruits, lemons, other citrus fruits and juices
  - Tomato sauce or juice
  - Spicy foods
  - Raw vegetables, granola, toast, crackers or other rough coarse foods
  - Hot foods or liquids

# **Dolor de boca o de garganta producto del tratamiento contra el cáncer**

Los tratamientos contra el cáncer pueden provocar dolor de boca, llagas en la boca, encías sensibles o dolor de garganta. Esto hace que sea difícil masticar o tragar. Consulte a su médico para que le recete un medicamento que lo ayude a aliviar el dolor de la boca y de la garganta. Existen cosas que puede hacer para aliviar y prevenir el dolor de boca o de garganta, tales como:

- **Consumir alimentos blandos.**
  - Malteadas
  - Bananas, puré de manzanas u otras frutas blandas
  - Queso cottage o yogur
  - Puré de papas o fideos
  - Macarrones con queso
  - Flanes, budines o gelatina
  - Huevos revueltos
  - Avena o cereal cocido
  - Puré de verduras
- **Evitar alimentos que puedan herirle la boca.**
  - Naranjas, pomelos, limones y otras frutas y jugos cítricos
  - Salsa o jugo de tomates
  - Alimentos picantes
  - Verduras crudas, granola, pan tostado, galletas u otros alimentos ásperos o de grano grueso
  - Alimentos o líquidos calientes

- **Follow these tips:**

- Cook food until it is soft and tender.
- Cut food into small pieces.
- Use a straw to drink liquids.
- Use a small spoon.
- Eat food that is cold or at room temperature.
- Drink warm bouillon or salty broth for a sore throat.
- Rinse your mouth often with water to remove food and bacteria and to promote healing.

**Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.**

5/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).

- **Siga estos consejos:**
  - cocine los alimentos hasta que estén tiernos y suaves;
  - corte los alimentos en trozos pequeños;
  - use una pajilla popote para beber líquidos;
  - use una cuchara pequeña;
  - coma alimentos fríos o a temperatura ambiente;
  - beba caldo tibio o consomé con sal para aliviar el dolor de garganta;
  - enjuáguese la boca a menudo con agua para eliminar alimentos y bacterias, y para ayudar a la cicatrización.

**Converse con su médico, enfermera o nutricionista sobre cómo tratar los problemas para comer que pueda tener.**

5/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).

Sore Mouth Throat Cancer. US Spanish