

How do I know if I have BMS?

<https://www.bms-support.org/about-bms>

What type of Doctors can help?

<https://www.bms-support.org/specialists>

What type of tests should be done? What should I ask my Doctor? What activities can help?

<https://www.mayoclinic.org/diseases-conditions/burning-mouth-syndrome/diagnosis-treatment/drc-20350917>

What are the pros and cons of medications?

It is important to work collaboratively with your Primary Care Doctor, Specialist and Pharmacist to find a safe intervention that works for you as each person has specific individual needs. Finding effective medication or interventions for BMS generally is based on trial and error and often takes time. Many medications have side effects that need to be considered. It is imperative that we each do our own research based on our individual needs and circumstances.

Research has shown that treatments for BMS include medications ranging from Clonazepam, tricyclic anti depressants, antiepileptic drugs, benzodiazepines to folic acids and oral rinses and more. Treatment outcomes are varied. Several medications prescribed for BMS are designed to treat other illnesses, yet they are prescribed for BMS. This is called “off-label use”. Examples

being clonazepam which is considered an anti-epileptic drug and cymbalta an anti-depressant.

What non prescriptions can relieve the burn of BMS?

Many with BMS report various things that provide some relief. The following are frequently mentioned: Chewing gum (xylitol based is preferred for long term use), xylimelts, hot sauce / water rinse, biotene spray or rinse, oil pulling, lozenges', ALA (alpha lipoid acid), Hurricane spray and more.

Every person reacts differently and although many recommend the above there are others that say these same things do not help. Experiment, try different tooth pastes, mouth rinses and find what helps you. Keep a personal log. Give each attempt time to work before you move on. You can search out more information on each of the above on the internet.

What causes BMS? Why me?

At this time, no one knows with certainty what causes BMS. Researchers are running trials following different theories. There have been saliva trials, nerve sensory trials and more. Look in the files on our Face book group and read the research.

There are 3 types of BMS: Primary, small nerve fiber neuropathy and idiopathic. Secondary, underlying conditions causing oral burning such as vitamin deficiency, autoimmune, anxiety, poor fitting dentures to name a few. Type 3, intermittent where people go days or months without oral burning only to have the burn return.

Do people ever get better?

Yes, some people do get better. Some people do not know why and other people have gotten better after change to their diets or with adding vitamins, probiotics, using invisalign retainers and more. The success stories are limited and some have short term recovery.

Is it all in my head?

No it is not. Although it may not be possible to identify why this is happening, it is real, it is usually not psychological. If you have a Doctor or Dentist telling you it is all “in your head” find another professional that know about BMS.

Is stress related to BMS?

Stress makes most things worse and many say their burn is higher at time of stress. Stress is likely to increase the burn, but it is unlikely it is the main cause for BMS. Many people have little stress and still have BMS. If you can reduce stress, do so, but it may or may not change your burn. Yoga, meditation and simple relaxation with conscious deep breathing helps some people.

<https://hdspce.co/2G9hram>

Are there any foods or drinks I should avoid?

There are no answers that are the same for everyone. If you find a food or beverage that increases the burn, eliminate it. Try an “Elimination Diet” to help determine if you have any trigger foods. The internet will have information on elimination diets.

Is there anything I can do to help myself?

Knowledge about yourself and your condition will help you and you’re Doctors. The following are some suggestions:

Schedule and Annual Exam

Gather your family and your own medical history

Educate yourself about BMS and your history

Explore your insurance options

Adopt healthy lifestyle habits such as getting enough sleep, drinking plenty of fluids, eating healthy, and exercise.

Practice distraction techniques to change the focus from BMS