

Causes of Burning Mouth/Tongue (From Mayo Clinic Data)

- **Dry mouth (xerostomia)**, which can be caused by various medications, health problems, problems with salivary gland function or the side effects of cancer treatment
- **Other oral conditions**, such as a fungal infection of the mouth (oral thrush), an inflammatory condition called oral lichen planus, or a condition called geographic tongue that gives the tongue a map-like appearance
- **Nutritional deficiencies**, such as lack of iron, zinc, folate (vitamin B-9), thiamin (vitamin B-1), riboflavin (vitamin B-2), pyridoxine (vitamin B-6) and cobalamin (vitamin B-12)
- **Dentures**, especially if they don't fit well, which can place stress on some muscles and tissues of your mouth, or if they contain materials that irritate mouth tissues
- **Allergies or reactions** to foods, food flavorings, other food additives, fragrances, dyes or dental-work substances
- **Reflux of stomach acid (gastroesophageal reflux disease or GERD)** that enters your mouth from your stomach
- **Certain medications**, particularly high blood pressure medications called angiotensin-converting enzyme (ACE) inhibitors
- **Oral habits**, such as tongue thrusting, biting the tip of the tongue and teeth grinding (bruxism)
- **Endocrine disorders**, such as diabetes or underactive thyroid (hypothyroidism)
- **Excessive mouth irritation**, which may result from overbrushing your tongue, using abrasive toothpastes, overusing mouthwashes or having too many acidic drinks, such as lemon
- **Psychological factors**, such as anxiety, depression or stress

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