

## - Mouth—diseases / Virus

### Sore gums and COVID-19

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COVID-19 may cause sore gums. Sore gums, however, are not symptoms of COVID-19. Unless fever, tiredness or cough – common symptoms of COVID-19 – are also present.

As it is, sore gums are not common COVID symptoms.

There are other causes of sore gums – such as too energetic brushing, gum disease and even hormonal changes.

Dry mouth is the most common symptom in the mouth among those infected by the COVID-19 virus. In turn, dry mouth may lead to gum disease, sore gums and ulcers on the gums, lips and other parts of the mouth such as the throat, palate and tongue. Indeed, COVID-related oral ulcers is linked to the loss of taste and smell, both common symptoms especially in the early stages of COVID-19.

If the patient is elderly, has high blood pressure and diabetes and obese, it is likely that dry mouth will develop before any other COVID symptoms.

Not to worry so much, though. Sore gums may be a symptom of gum disease and nothing else. When food is trapped in and around the gums, the food bacteria may cause infection and cause pain as well as swelling, bleeding even bad breath and – at the extreme – tooth loss.

Among women, hormonal changes that increases the blood flow to the gums may lead to sensitive gums and soreness. Hormone change may be caused by puberty, menstruation, pregnancy, menopause and even malnutrition. You should know that a diet deficient in Vitamins B and C and protein may also lead to sore gums.

A yeast infection called oral thrush can cause yellowish-white bumps to form on your cheeks, gums, lips and tongue. Oral thrush can also cause sore gums.

So does oral herpes, a viral infection that may cause painful sores in the gums. The pus caused by bacteria (a condition called dental abscess) can cause sore gums.

But just because sore gums may not be a symptom of COVID-19, don't take it for granted. Consult your dentist. And avoid COVID-19 infection in the first place. Practice the minimum safety protocols like social distancing and wearing face masks.

Wash hands often with soap and water or sanitizers. Avoid crowds. Do not enter areas with poor ventilation. Stay

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And get vaccinated as soon as possible.

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