

## Faculty Column: Ask the school nurse

by **Susan Martin**  
Registered Nurse

*What exactly are canker sores and is there anything I can do about them? I get these often and they are painful!*

*Signed, Sore Mouth*

Dear Sore Mouth,

Canker sores are small, shallow lesions (sores) inside the mouth that tend to occur under the tongue or inside the cheeks or lips or at the base of the gums. They can be painful enough to make it difficult for you to talk or eat. They usually disappear within a week or two. It is not certain what causes these, but they can be triggered by certain foods, emotional stress, certain toothpaste or mouthwashes, or a diet lacking in Vitamin B12, or other vitamins and minerals. They are more common in women and occur more in some families than others.

To prevent canker sores, you should watch for foods that irritate the mouth, choose healthy foods to prevent nutritional imbalances, follow good oral hygiene, and don't talk and chew at the same time. This can cause small tears in the membranes of the mouth—so

your mom knew what she was talking about!

You do not need to seek medical treatment if you only have these occasionally. If they are large, you have several in a short period of time, they do not go away within 2 weeks, are particularly painful, or if they extend to the lips. Typi-

## The light at the end of the tunnel

by **Radosav 'Backo' Babic**  
Business Editor

While many are still in fear due to current economic crisis and are trying to figure out whether it will take only 2-3 years or maybe even longer for the economy to "bounce back" again, I am analyzing the things from a different perspective while trying to find the positive sides of it. So far, I've found only two.

Firstly, as the earnings decrease and prices of products and services decrease, individuals no longer carelessly waste their money on things they don't need. Everyone tends to be more careful about where they spend money and are now able to find a distinct line between needs and wants. Many ignored the environmental problems that the whole

cal treatments include mouth rinses, nutritional supplements, or oral medications.

I am happy to have you come by the Clinic to talk about this or any other minor medical issue. This is a great time to be educated about taking care of the things that are safe to handle on your own and learn-

world if facing for years, simply because it doesn't harm them directly; nevertheless, same individuals find financial crises overwhelming and upsetting. Hopefully now, as the unreasonable consumption is slowing down and customers no longer spend a large percentage of their incomes on unnecessary "toys," financial crises may cause the slowdown of environmental crises. Extremely high prices were an excellent example: when gas was \$4 or higher, individuals tended to be very hesitant to get in car and drove only if it was extremely necessary.

The second positive side to the current financial crisis may just be a hope for me, not actually a reasonable statement. I am eager to finally see many nations of this World get together and work on an issue

ing which things need to have medical attention. There is no cost involved in coming to the Clinic and I will enjoy talking to you! There is no problem too small to talk to the nurse about.

Take care,  
Susan Martin, RN

collectively. In this century, when globalization is playing an important role in almost every aspect of our everyday lives and when it has been preached over and over again about the significance of business ethics and ethics in general, I no longer feel only as a citizen of Montenegro, but as a World citizen as well. I am also hoping I am not the only one who feels this way. We should all find, among us, the responsibility to help each other in difficult situations. That can vary from helping a beggar in a street just by dropping a few coins, to a few nations getting together while trying to build up the economy of another country.

However, sadly enough, in times of crisis, as we are all facing right now, many countries tend to strictly focus on the issues going on their "neighborhoods," while completely ignoring what's happening on the other hemisphere. As the world is constantly getting smaller and flatter, we will all soon enough, I hope, realize that we are all on the same boat...at least when it comes to the global (and key word is: global) economic crisis or environmental issues. So if we are suppose to share the Earth, then why not make it better for all!!!!???

### Comic by Dabney Farmer

