



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

Anemia shows in your **mouth**

Low iron or vitamin levels can turn the tongue sore and the gums pale — often before a blood test is ever done.

● **Pale gums**

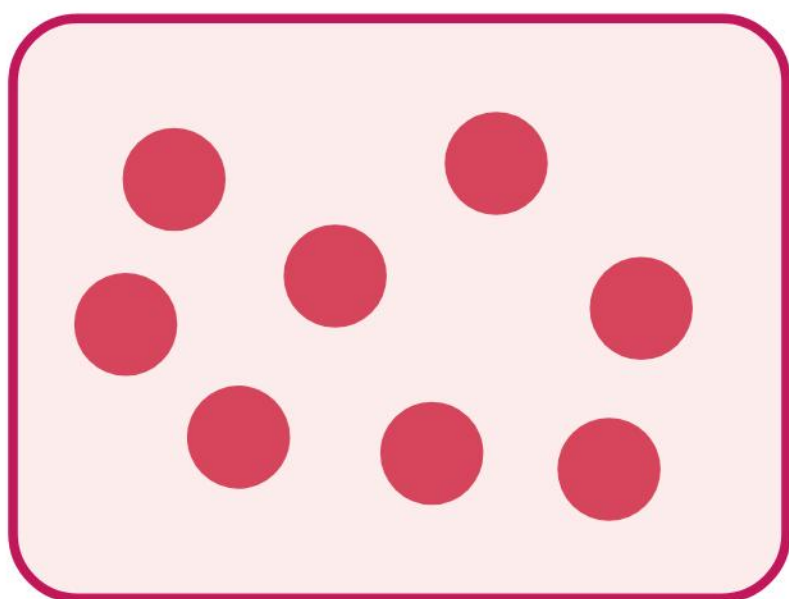
● **Sore, smooth tongue**

● **Cracked mouth corners**

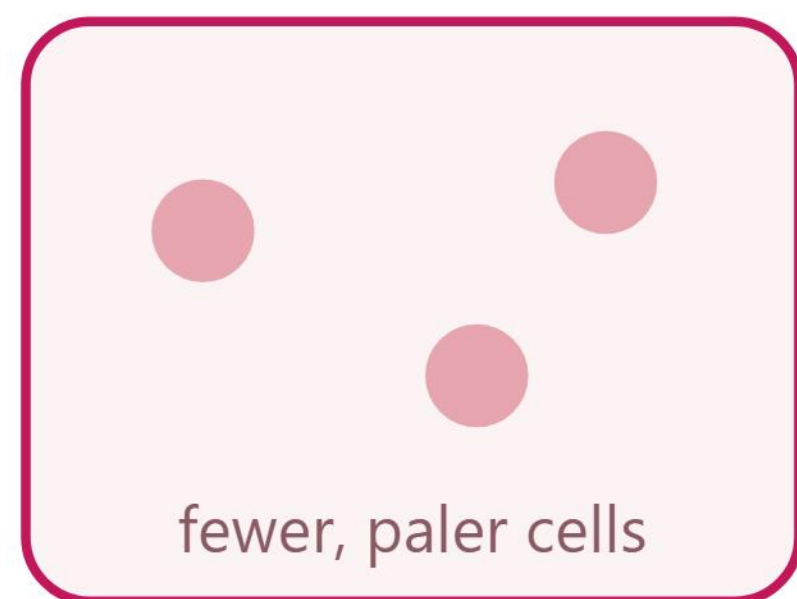
Too few healthy red cells

Anemia means your blood carries **less oxygen** than it should — usually from low **iron**, **vitamin B12** or **folate**. Because the mouth's lining renews quickly and has a rich blood supply, it's one of the **first places** the shortage shows.

HEALTHY



ANEMIC



What it looks like in the **mouth**

These often appear together, and improve once the iron or vitamin level is restored.

**Pale gums & lining**

washed-out pink, not healthy red

**Sore, smooth, red tongue**

glossitis — the surface looks flattened

**Cracks at mouth corners**

angular cheilitis — sore, splitting corners

**Burning tongue & ulcers**

tingling, recurrent mouth ulcers, dull taste

And in the body: tiredness, breathlessness on effort, pale skin, headaches, and brittle or spoon-shaped nails.

Common causes

Knowing the cause matters — supplements alone won't fix anemia if something is quietly draining iron or blocking absorption.

IRON LOSS

Heavy periods, or slow bleeding in the gut — a common and important cause worth checking.

DIET

Too little iron, B12 or folate — more likely with very restricted or vegetarian diets without planning.

ABSORPTION

The gut can't take up B12 (**pernicious anemia**) or iron — from certain conditions or surgery.

HIGHER NEEDS

Pregnancy and growth spurts raise demand — and chronic illness can lower blood counts too.

Who's most at risk: women with heavy periods, pregnant women, growing teens, older adults, and people with gut conditions.

Test, treat, **recover**

The mouth signs are a prompt, not a diagnosis. A simple blood test confirms anemia and points to the cause.

- **The path forward**

- 1. See your doctor for a **blood test** (full blood count, ferritin, B12 & folate)
- 2. Treat the **cause** — and take iron or vitamin supplements as advised
- 3. Mouth signs usually improve as your levels recover

For the sore mouth meanwhile: keep it clean and gentle, treat cracked corners, and avoid very spicy or acidic food until it settles. Your dentist can help soothe it.

A sore, pale mouth that keeps coming back?

We can check your mouth and suggest whether a blood test is worth doing — a small step that often explains the tiredness too.

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