



## Burkhardt • Pecora orthodontics

### ANGULAR CHEILOSIS

Angular Cheilosis is a condition in which sore or cracks appear in the corners of the mouth. It can be a symptom of vitamin B-12 (riboflavin) deficiency.

Foods high in vitamin B-12 include milk, cheese, yogurt, spinach, avocados, asparagus, broccoli, brussel sprouts, and nuts. Try adding extra amounts of these foods into your diet.

Also use lip balm products such as Carmex, Medicated Chapstick, or Bag Balm to promote healing. These items can be found at your local pharmacy.