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The mouth ulcers are painful!!

Anna is a thirty-four year old working professional. She is married with a four year old daughter, who is being cared by a domestic helper. Her husband is also a professional at a upper middle senior level. Grandmas will come and see them at least once weekly. The family is happy and in harmony.

Anna complained of mouth ulcers of at least three months duration. They were very painful and not cleared with treatment. She had consulted a few doctors. Eventually she came to consult her former Family Doctor from childhood days. After a detailed conversation, she was found to be under great stress although she was sleeping well.

The couple had planned to have a second child. Anna and her husband had undergone assessment for infertility. She accepted the numerous tests and the current management with a “matter of fact” mindset. However her husband resented the examination by the specialist and the tests performed on him. It made things worse when they were told that his semen analysis was not entirely within normal limits.

Anna was told by her family doctor how to handle the infertility issue in a more practical and acceptable manner to the couple. They should not force each other in any ideas or actions related to the matter; ie “take it naturally”. She was also instructed on a few treatment means related to her ulcer problem. The ulcers were healing within days and Anna had no more recurrent ulcers when she was seen again four weeks later with a common cold.

The painful recurrent ulcers were related to the stress between the couple arising from childbirth. This is a psychosomatic condition with the mood disorder reflected in physical or organic health dysfunction. This kind of change in the bodily conditions is not uncommonly stress induced. The management should target at the root of problem. Symptomatic treatment would result in temporary relief in most cases, until the mental constraint disappears.