

Letter to the Editor

Add Sucralfate to List of Aphthous Ulcer Treatments

Dear *Cutis*[®]:

I read with interest "Selecting Topical and Systemic Agents for Recurrent Aphthous Stomatitis" by Eisen and Lynch (*Cutis*. 2001;68:201-206), but noticed that my preferred treatment was excluded from their list of agents. Specifically, I use sucralfate (Carafate[®] suspension), the aluminum subsalt of sucrose-8-sulphate, which has been used since 1968 as a mucoprotector for peptic ulcers. Patients are instructed to swish the substance for 45 to 60 seconds over the ulceration 6 times a day before swallowing. There is good support for this method of delivery with clinical resolution of aphthous ulcers in the medical literature.¹⁻³

Sucralfate locally allows an ulcer-adherent complex with proteinaceous exudate to form at the site of the ulcer. Besides forming a physical barrier to further irritation, sucralfate binds to basic fibroblast growth factor preventing its degradation and thereby promoting healing.⁴ Accelerated ulcer healing by sucralfate also has been suggested to be the result of a rapid mucosal IL-4 generation leading to suppression of mucosal apoptotic events.⁵

Sincerely,
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REFERENCES

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