

Tips for Relieving Dry Mouth:

- Sip water or sugarless drinks
- Avoid salty or spicy food
- Avoid irritants such as alcohol, tobacco and caffeine
- Consider using saliva substitutes
- Chew sugar-free gum or have sugar-free candy



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ZEROING IN ON XEROSTOMIA



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WHAT IS XEROSTOMIA?

Dry mouth, or xerostomia (zeer-o-STOE-meh), refers to any condition in which your mouth is unusually dry. Xerostomia can affect people of any age group and salivary flow rates can be assessed by your dentist. The treatment for xerostomia relies heavily on the identification of the underlying cause. Dry mouth may be experienced occasionally when someone is nervous or stressed. However, if it is persisting for long periods of time, dry mouth might indicate an underlying disease.

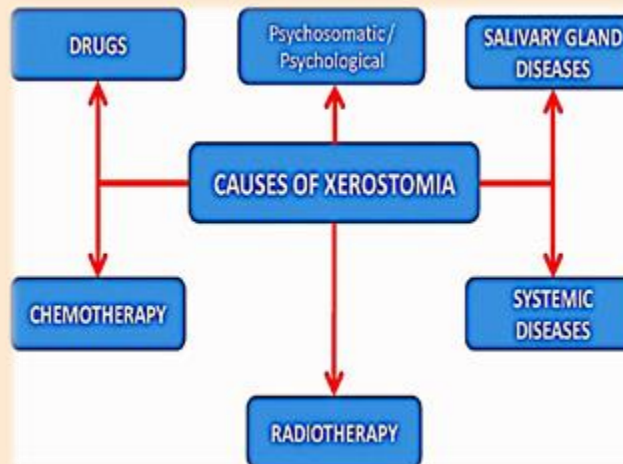
COMMON SYMPTOMS

Aside from just feeling like your mouth is dry, there are other various symptoms of Xerostomia. Additional symptoms include:

- Difficulty speaking clearly or chewing food.
- The look of cracks or tiny red pebbles on the surface of your tongue.
- Alterations in sense of taste.
- An increased need to drink water, especially during the night or in the middle of sleeping.
- Increased incidence of cavities.

SO, WHAT'S CAUSING IT?

- Cancer therapies for the head and neck such as radiotherapy and chemotherapy.
- Use of certain medication such as antihistamines, muscle relaxants, antidepressants and antihypertensive drugs.
- Autoimmune disease such as Sjogrens, rheumatoid arthritis, systemic lupus and others.
- Salivary gland dysfunctions or disease.
- May be psychological or stress induced.



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WHY IT'S A PROBLEM...

- Less saliva makes your mouth more acidic, which allows bacteria to reproduce.
- May lead to cracked or peeling lips.
- Altered taste or intolerance for spicy, salty or sour foods.



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- Saliva acts as a neutralizer to the acid, so if it isn't present it can weaken your teeth and eventually lead to decay.
- Food becomes more difficult to chew and this can cause more wear and tear on your teeth.
- It can cause discomfort when wearing dentures.
- May cause halitosis (bad breath)
- Leaves your mouth more susceptible to oral infections.



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