



## **Dry Mouth**

Dry mouth, also called xerostomia, is the result of inadequate saliva flow. Dry mouth is not a disease in itself, but rather it is a symptom of a medical condition or a side effect of medications. Dry mouth can be an indicator of Sjogren's syndrome, an autoimmune disorder in which the body's immune system attacks the moisture-producing glands as well as other organs. Dry mouth can also be a result of head and neck radiation.

Medications such as antihistamines, allergy medications, decongestants, pain killers, diuretics, high blood pressure medications, and MANY others.

Dry mouth is commonly associated with constant sore throat, a burning sensation in the mouth, difficulty speaking or swallowing, hoarseness and/or dry nasal passages.

Saliva is important to help protect teeth. Without adequate saliva, teeth are at risk for cavities. Cavities can occur very rapidly in the absence of adequate saliva.

We recommend using sugar free candy or gum, specifically those sweetened with Xylitol.

In our office we have a saliva replacement gel available for sale as well as a prescription dry mouth tooth paste. Please do not hesitate to ask about these products.

Fluoride treatments are recommended for patients with dry mouth to help prevent decay.