



# DRY MOUTH

## Causes, Symptoms & Solutions



### Why is it so Important to Treat Dry Mouth?

If left untreated, dry mouth can increase the risk of tooth decay and infections. Dry mouth can impact your health and quality of life. Common symptoms include:



- ▣ Difficulty chewing, swallowing and speaking
- ▣ Bad breath
- ▣ Mouth feeling especially dry when you wake up in the morning
- ▣ Symptoms can range from mild to severe





### Things YOU Can Do to Combat Dry Mouth!

- ▣ Use saliva substitutes to keep your mouth lubricated. There are many over the counter products such as rinses, sprays & lozenges
- ▣ Drink plenty of water throughout the day to stay hydrated and keep your mouth moist
- ▣ Avoid alcohol and smoking
- ▣ Avoid mouthwashes containing alcohol
- ▣ Use a humidifier in your bedroom at night while sleeping
- ▣ Use toothpaste and a mouth rinse containing fluoride to help prevent cavities
- ▣ Stay on top of your oral hygiene by brushing 2x a day & flossing!
- ▣ Visit your Dentist/Dental Hygienist 2x a year for a professional cleaning
- ▣ If it has been more than 6 months since your last check up and cleaning at the Dentist or if you have any questions/concerns regarding your dental health, call your Dentist today to schedule an appointment!

### What Causes Dry Mouth?

-  Medication is the #1 cause of dry mouth! Taking one or more prescription drugs a day increases your chance of developing dry mouth
-  Aging

-  Chemotherapy and radiation treatments
-  Certain health conditions including: Cancer, Sjogren's Syndrome, HIV & Diabetes

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