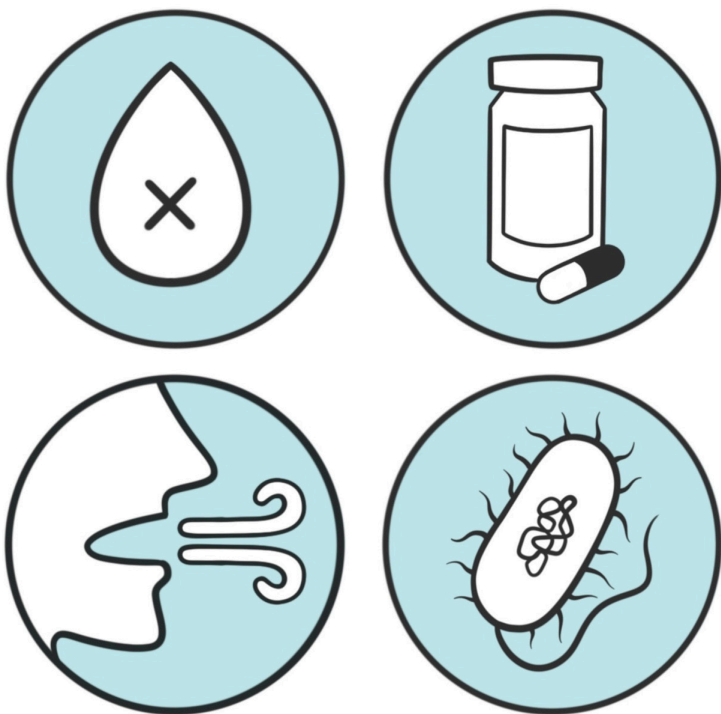


Xerostomia AKA Dry Mouth

Xerostomia, more commonly known as dry mouth, occurs when your mouth is not producing enough saliva or spit, and affects about 1 in 5 people. Your salivary glands in your mouth produce saliva to lubricate and keep your mouth clean. Experiencing dry mouth occasionally is normal due to things like dehydration, nervousness, and stress. However, if dry mouth is persistent it could be a symptom of an underlying health condition, or even be the cause of a new health problem. The underlying causes can be treated and dry mouth is never a fatal condition.

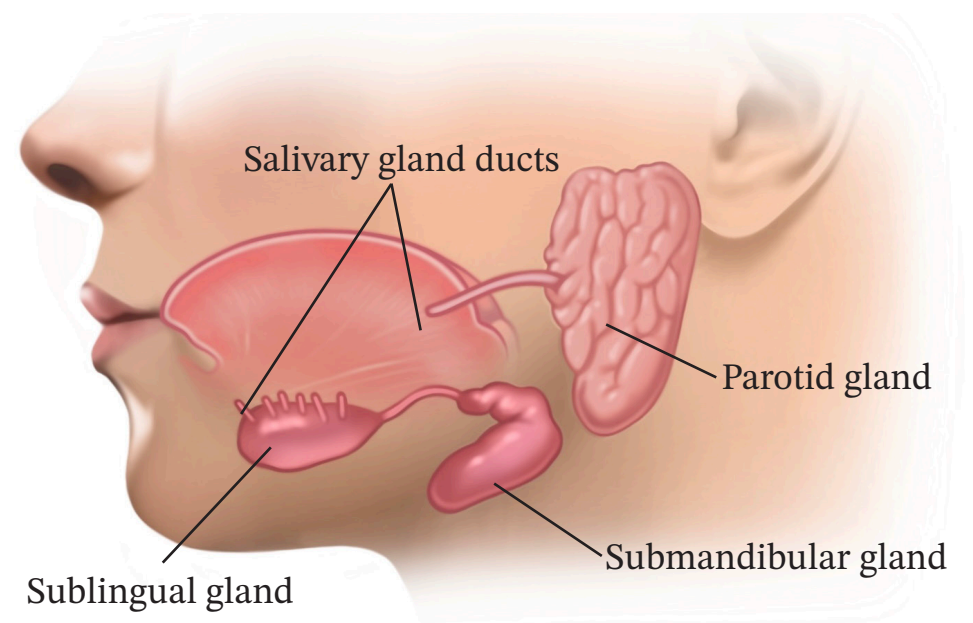


What Causes Dry Mouth?

- Dehydration
- Mouth breathing,
- Medications such as Antihistamines, decongestants, or antidepressants
- Underlying conditions like salivary gland issues, diabetes, Alzheimer's, sjogren's syndrome, or stroke

What are the Symptoms of Dry Mouth?

- A sticky, itchy, dry, or painful feeling in your mouth
- Trouble chewing, swallowing, tasting, or speaking
- A dry feeling in the throat or lips
- A dry, rough, red, or deeply cracked appearance
- Bad breath, sores, and infections
- Cavities, gum disease and mouth sores



How to Prevent and Treat Dry Mouth

- Stimulate saliva production by chewing gum or sucking ice cubes
- avoid smoking, carbonated drink, alcohol, and acidic or spicy foods
- Increase saliva production.
- Changing medications
- Treating any underlying condition
- Prescription strength lozenges
- Medication to stimulate saliva flow
- Surgical salivary gland repair

