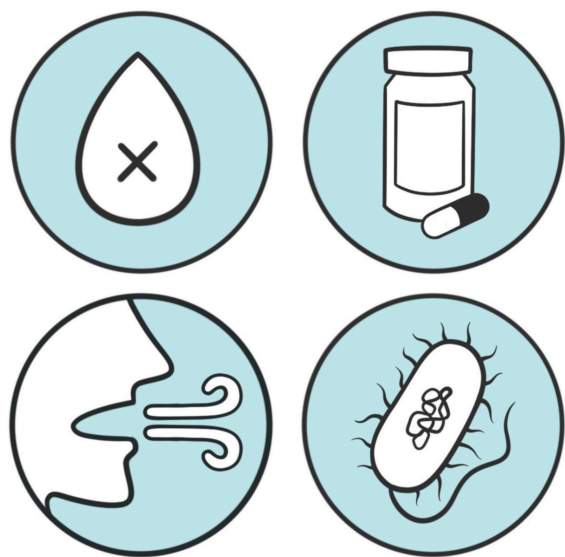


Xerostomia aka Dry Mouth

Xerostomia, more commonly known as dry mouth, occurs when your mouth is not producing enough saliva (spit) The condition affects about 1 in 5 people.

The salivary glands in your mouth produce saliva to lubricate and keep your mouth healthy. 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.

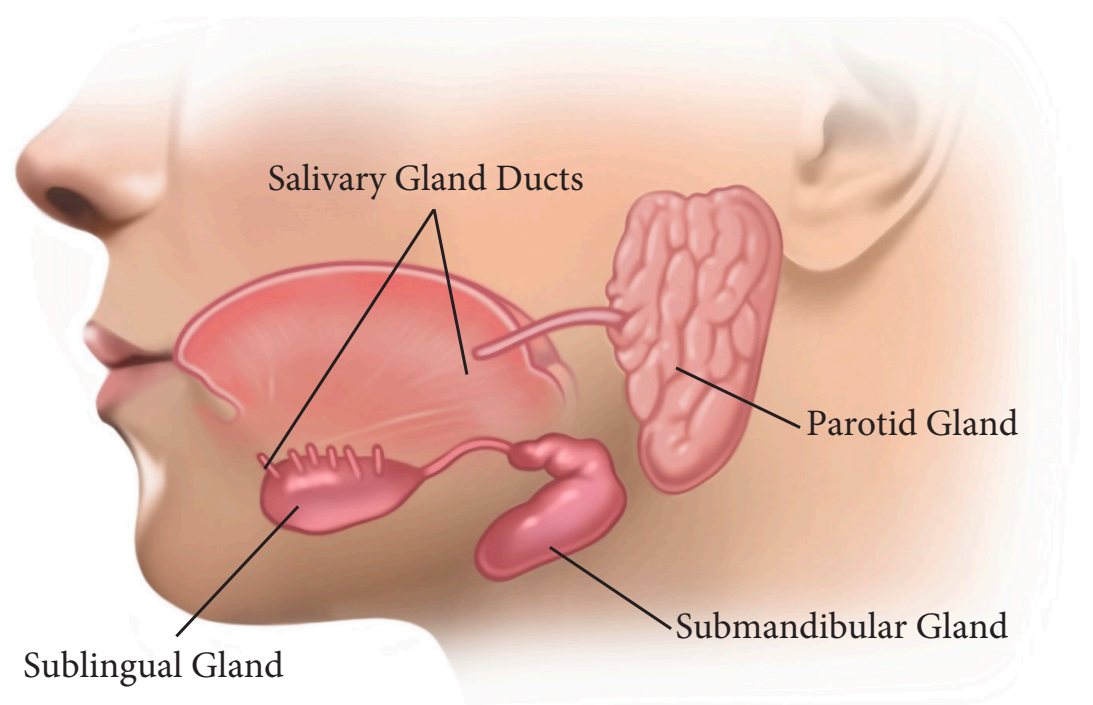


What Can Cause Dry Mouth?

- 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 Symptoms of Dry Mouth?

- Sticky, itchy, dry, or painful feelings in the mouth, throat, or on the lips
- Trouble chewing, swallowing, tasting, or speaking
- Rough, dark red, or deeply cracked looking lips or tongue
- Bad breath
- Mouth sores and infections
- Cavities and gum disease



How Dry Mouth Can Be Prevented and Treated

- Chew gum, suck on ice cubes, and drink water to increase saliva production
- Avoid smoking, carbonated drinks, alcohol, and acidic or spicy foods
- Ask your dentist about changing medications if side effects include dry mouth
- Treating any underlying conditions
- Prescription strength lozenges
- Medication to stimulate saliva flow
- Surgical salivary gland repair

