

## Dry Mouth Information (Xerostomia)

**What is Xerostomia?** Xerostomia is a condition in which the body is not producing enough saliva to keep the mouth/oral tissues wet

- Dry mouth **increases the risk of tooth decay** because there is not enough saliva to help keep bacteria in check or to regulate the pH of the mouth

**What causes Xerostomia?** There can be many causes of dry mouth but typically it is related to medications (antihistamines, antidepressants, etc.), medical conditions, cancer treatments, age, etc.

**What are symptoms of Xerostomia?** Patients often experience excessive thirst, bad breath, chapped lips, difficulty talking, swallowing, and eating

### Recommendations:

Stay hydrated

Brush and floss daily

Use fluoride products daily

Avoid tobacco

Avoid alcohol

Discuss symptoms with DDS & MD

Breathe through nose- NOT mouth

Use humidifier

Try salivary aids and Xylitol products

