

# Dry Mouth

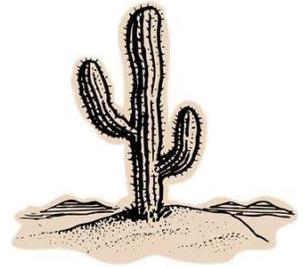
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## Dry mouth has numerous causes, including:

- ❑ **Medications.** Hundreds of medications, including some over-the-counter drugs, produce dry mouth as a side effect. Among the more likely types to cause problems are some of the drugs used to treat depression and anxiety, antihistamines, decongestants, high blood pressure medications, anti-diarrheals, muscle relaxants, drugs for urinary incontinence, and Parkinson's disease medications.
- ❑ **Aging.** Getting older isn't a risk factor for dry mouth on its own; however, older people are more likely to be taking medications that may cause dry mouth. Also, older people are more likely to have other health conditions that may cause dry mouth.
- ❑ **Cancer therapy.** Chemotherapy drugs can change the nature of saliva and the amount produced. Radiation treatments to your head and neck can damage salivary glands, causing a marked decrease in saliva production.
- ❑ **Nerve damage.** An injury or surgery that causes nerve damage to your head and neck area also can result in xerostomia.
- ❑ **Other health conditions.** Dry mouth can be a consequence of certain health conditions - or their treatments - including the autoimmune disease Sjogren's syndrome, diabetes, Parkinson's disease, HIV/AIDS, anxiety disorders and depression. Stroke and Alzheimer's disease may cause a perception of dry mouth, even though the salivary glands are functioning normally. Snoring and breathing with your mouth open also can contribute to the problem.
- ❑ **Tobacco use.** Smoking or chewing tobacco can increase dry mouth symptoms.

## Tips to relieve your dry mouth

- ❑ **Chew sugar-free gum** or suck on sugar-free hard candies to stimulate the flow of saliva.
- ❑ **Limit your caffeine intake** because caffeine can make your mouth drier.
- ❑ **Don't use mouthwashes that contain alcohol** because they can be drying.
- ❑ **Stop all tobacco use** if you smoke or chew tobacco.
- ❑ **Sip water** regularly. **Add one packet (4 grams) of xylitol to bottle of water, work up to sipping 2 bottles a day.**
- ❑ **Try over-the-counter saliva substitutes.**
- ❑ **Try a mouthwash designed for dry mouth** — especially one that contains xylitol, such as, which also offer protection against tooth decay.
- ❑ **Avoid using over-the-counter antihistamines and decongestants** because they can make your symptoms worse.
- ❑ **Breathe through your nose**, not your mouth.
- ❑ **Add moisture to the air at night** with a room humidifier.



## Steps to protect your oral health

- ❑ **Avoid sugary or acidic foods** and candies because they increase the risk of tooth decay.
- ❑ **Brush with a fluoride toothpaste.** Ask your dentist if you might benefit from prescription fluoride toothpaste.
- ❑ **Use a fluoride rinse** or brush-on fluoride gel before bedtime.
- ❑ **Visit your dentist at least twice yearly** to detect and treat tooth decay or other dental problems

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## Dry Mouth Products

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### CariFree

**CTx2 Mouth Spray:** Saliva Substitute

- Xylitol-containing spray that moistens the mouth, freshens breath, and increases oral pH

### PerioSciences

**AO ProVantage Gel:** topically applied dental gel

**PerioScience AO ProRinse Natural:** an all-natural, alcohol free, high pH (7.75) mouth rinse

- Contains antioxidants, xylitol and essential oils to freshen breath, soothe soft tissue and improve appearance
- New category antioxidant oral care and works synergistically with naturally occurring salivary antioxidants.

### Spry - Xlear Inc.

**Moisturizing Mouth Spray**

Can be purchased at **Safeway, Walmart, Target, CVS, Chico Vegan Coop, or S&S Produce, or [www.amazon.com](http://www.amazon.com)**

- Natural spearmint flavor provides a refreshing splash of flavor and freshens breath
- Sweetened with 100% xylitol to promote the natural production of saliva

### Moisyn by Prisynta:

- Alcohol & Fluoride free mouth rinses w/ xylitol, neutral pH, & naturally derived
- Contains Arginine: an essential amino acid that increases pH and retains moisture
- Contains Chitosan: attracts moisture, cleans and removes impurities, restores healthy mouth function
- Shellfish allergy caution: Chitosan derived from shells of shrimp

### 3M Xerostomia Relief Spray

- Lipid-based OGT technology moistens and lubricates the mucosa of the mouth, tongue, and throat

## Time Release Products

### Prilocarpine Prescription Lollipops

Made by compounding pharmacy by prescription only

- Stimulates saliva for severe dry mouth cases

### Xylimelts by Orahealth

Can be purchased at **RiteAid** or **[www.amazon.com](http://www.amazon.com)**

- Adhering disc technology means you can even use Xylimelts while you sleep
- Lasts for hours, contains xylitol, increases saliva flow, moisturizes and coats the mouth for optimal comfort

### OraMoist® Dry Mouth Patch by Dentek

Can be purchased at **Walmart, CVS, or [www.amazon.com](http://www.amazon.com)**

- Time released to work up to 4 hours, ideal for day or night
- Unique patch stays on while eating and drinking
- Sugar and alcohol free - Contains Xylitol

### Salese & Dentiva by Nuvora

**[www.nuvorainc.com](http://www.nuvorainc.com)**

**Salese** - Dry Mouth Care

**Dentiva** - Complete Care

- Oral hygiene soft lozenges that contains Xylitol, Baking Soda, ACP, and essential oils
- Lasts for 1 hour or longer and stimulates saliva for 20 minutes after use
- Essential oils have known anti-bacterial properties
- Sodium bicarbonate (Baking Soda) and Amorphous Calcium Phosphate (ACP, **derived from cow milk**) are proven to neutralize acidic pH and help re-mineralize damaged tooth enamel
- Zinc Gluconate: kills and to inhibit the growth of Volatile Sulfur Compounds (VSC), the leading cause of bad breath

