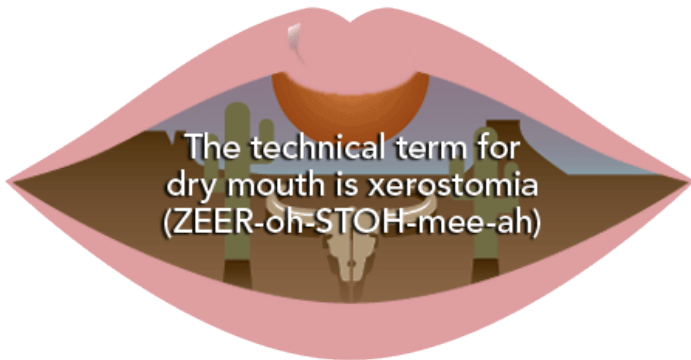


XEROSTOMIA (Dry Mouth)



- Affects approximately 25% of the population.
- Increases susceptibility to decay (cavities) and fungal infection. Dentures become more difficult to retain.
- Many medications cause a decrease in saliva flow.
- Saliva buffers acids and corrects low pH, removes debris, remineralizes teeth and adds lubrication to support speech, eating and swallowing.

RECOMMENDATIONS

- ↓ Avoid sticky, carbohydrate-rich foods, eliminate snacking and lower your sugar intake.
- ↓ Avoid citrus juices, soda and Gatorade-type drinks which contain sugars and lowers pH. Sugar-based gum, candy, mints and cough drops should also be avoided.
- ↓ Avoid caffeine, alcohol (diuretics), and smoking.
- ↓ Avoid alcohol-based mouthwashes (e.g. Listerine).
- ↓ Sip water throughout the day and keep bedside.
- ↓ Maintain vigilant oral hygiene. Dental hygiene visits at least 3 times per year.
- ↓ Chew sugar free gum with Ca/PO₄ (e.g. Trident XTRA CARE) or Xylitol (e.g. Ice Breakers Cubes) 2-3 times per day.
- ↓ Fluoride varnish treatment at the dental office (fluoride hardens teeth).
- ↓ ACT mouthwash (fluoride rinse)
- ↓ Prevident 5000+ toothpaste (prescription).
- ↓ Sugar-free yogurt to prevent fungal infection.



- †Saliva substitute sprays or mouthwashes.
- †Biotene Oral Balance or OraJel Dry Mouth Moisturizing Gel (Apply to your tongue and cheeks before bedtime).
- †MI Paste (Calcium and phosphate that will help with remineralization).
- †Use a room humidifier in the wintertime.
- †Medication that stimulates saliva production (prescription).

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