

Dry Mouth

When there is an inadequate flow of saliva in your mouth, the mouth feels dry and irritated. Occasionally, infection occurs in a dry mouth environment. Tooth decay and bad breath, loose dentures if present, and gum disease are also encouraged when there is inadequate saliva present. There are many sources that stimulate dry mouth. Among them are: medications you are taking, menopause, aging, and various systemic diseases. What can you do about your dry mouth?

Many brands of artificial saliva are available in pharmacies. Consult with your dentist for a recommended brand. These solutions contain most of the constituents of real saliva. However, they do not last for more than several minutes. Many dry-mouth patients carry a small pocket/purse-sized container of artificial saliva to be used frequently throughout the day.

Whenever possible, sipping water is useful as a preventive action. Medications are available to increase saliva flow, but unfortunately, they increase all bodily fluid secretion and have some side effects. Ask your dentist about these medications.

Although frustrating for you, dry mouth is controllable.