

## **XEROSTOMIA- THE FACTS**

Dry mouth, or xerostomia (zeer-o-STOE-me-uh), refers to any condition in which your mouth is unusually dry. Most often, dry mouth is the result of a decrease in saliva produced by the glands in your mouth (salivary glands).

### **Symptoms include:**

- a sticky, dry feeling in the mouth
- trouble chewing, swallowing, tasting, or speaking
- a burning feeling in the mouth
- a dry feeling in the throat
- cracked lips
- a dry, rough tongue
- an infection in the mouth

Saliva possesses many important functions including antimicrobial activity, mechanical cleansing action, control of pH, removal of food debris from the oral cavity, lubrication of the oral cavity, remineralization and maintenance of the enamel to prevent cavities.

### **CAUSES:**

More than 400 commonly used drugs can cause xerostomia. The main culprits are antihistamines, antidepressants, anticholinergics, anorexiant, antihypertensives, antipsychotics, anti-Parkinson agents, diuretics and sedatives. Other drug classes that commonly cause xerostomia include: antianxiety agents, decongestants, analgesics, antidiarrheals, bronchodilators and skeletal muscle relaxants.

The most common disease causing xerostomia is Sjögren's syndrome (SS), a chronic inflammatory autoimmune disease that occurs mostly in postmenopausal women. Other systemic diseases that can cause xerostomia include rheumatoid arthritis, systemic lupus, scleroderma, diabetes mellitus, hypertension, cystic fibrosis, bone marrow transplantation, endocrine disorders, nutritional deficiencies, nephritis, thyroid dysfunction and neurological diseases such as Bell's palsy and cerebral palsy.

# **OUR XEROSTOMIA PROGRAM**

## **Palliative treatment**

- Rain Spray (topical)
- NeutraSal (topical) by prescription only
- Xylimelts
- OTC mouthrinses (i.e. ACT Total Care Dry Mouth, Oasis or any other mouth rinse for dry mouth except for Biotene due to it's high acidity)

## **Preventive treatment for secondary issues of decay and periodontal disease**

- CTX high fluoride "carie-free" toothpaste
- Xylitol mints and Xylitol Gum\*
- Reduce caffeine intake
- Use non-alcohol mouthwash
- Stay hydrated
- Pristine hygiene, use a Hydrofloss and a Sonicare toothbrush

\* Xylimints and Gum should be used at least 5 times per day, we say "STRIVE FOR FIVE"

**YOUR XEROSTOMIA PROGRAM WILL BE TAILORED TO YOUR NEEDS AND DEGREE OF DRY MOUTH AND OUR HYGIENIST WILL PROVIDE YOU WITH ADDITIONAL LITERATURE AND DIRECTIONS AS TO HOW BEST TREAT THIS CONDITION.**