



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: **Dry Mouth**



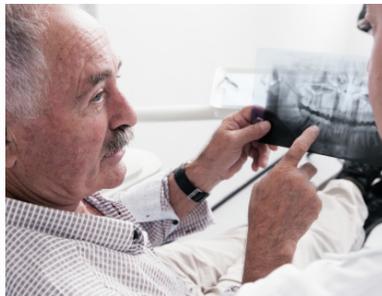
How do I know if I have dry mouth?

- Mouth feels dry or sticky
- Tongue feels dry, rough, or sore
- Lips are cracked
- Trouble swallowing, tasting, or speaking



Why do I have dry mouth?

- Side effects of medication
- Salivary gland diseases
- Chemotherapy
- Nerve damage from head and neck injuries



How does this affect my health?

- Tooth decay
- Gum disease
- Lack of sleep
- Infections in the mouth



What can I do to help my dry mouth?

- Sip water or sugarless drinks
- Use sugar-free gum or lozenges
- Use fluoride toothpaste
- Eliminate caffeine, alcohol, and tobacco products