

TIPS AND TRICKS

DRY MOUTH



Dry mouth is the feeling that there is not enough saliva in the mouth.



Everyone has a dry mouth every once in a while - if they are nervous, upset, under stress. It can even be caused by medications.



Having dry mouth all or most of the time can be uncomfortable and can lead to serious health problems.



Dry mouth is caused by the glands in the mouth that make saliva not working properly.



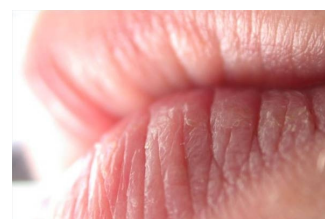
Without enough saliva you can develop tooth decay or other infections in the mouth. You may not get the nutrients you need if you cannot chew and swallow certain foods



Dry mouth treatment depends on what is causing the problem, if you think you have dry mouth, see your dentist and they can determine what is causing your dry mouth



Dry mouth is not a normal part of aging. So if you think you have dry mouth be sure to see your dentist as they can recommend what you can do to get some relief.



Symptoms of Dry Mouth

- 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
- Mouth sores
- An infection in the mouth



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