



## What is Dry Mouth?

Dry mouth is very common—1 in 3 older adults have this condition.

It is often caused by medications and health conditions, such as diabetes, high blood pressure, or cancer treatments. Dry mouth can make it difficult to eat, taste, swallow, and speak. It can also lead to serious dental disease, including root cavities.



### Symptoms Of Dry Mouth Include:

- Frequent thirst
- Bad breath
- Cracked lips, sores in or around the mouth
- A sticky, dry feeling in the mouth and/or throat
- A burning or tingling feeling in the mouth
- Sore throat or hoarseness



### How Saliva Protects Your Mouth:

- Washes away food particles
- Kills germs and bacteria
- Reduces acid that causes tooth decay
- Strengthens teeth with minerals



## Caring for your mouth is an easy way to keep your whole body healthy:

- Brush
- Floss
- Get regular oral checkups
- Reduce the time food spends on your teeth

THE  
**MIGHTY  
MOUTH**<sup>™</sup>

For more information or help finding dental care, visit

[TheMightyMouth.org](http://TheMightyMouth.org)

**ARCORA**  
The Foundation of  
Delta Dental of Washington

# Do You Have a Dry Mouth?



Dry mouth may lead to painful and expensive cavities. Treat dry mouth and improve your oral health.



### Be Sure to Avoid or Limit:

- Sugary candy and cough drops
- High-sugar drinks, carbonated drinks, diet sodas, and citrus drinks
- Drinks with caffeine or alcohol
- Mouthwash with alcohol
- Overly salty or spicy food
- Tobacco products



### Talk to Your Dentist, Doctor, or Pharmacist if Your Mouth Feels Dry.

Many common medications contribute to dry mouth, including drugs that treat:

- Depression or anxiety
- Asthma and allergies
- High blood pressure
- Parkinson's disease
- Pain
- Acid reflux
- Urinary incontinence

Do not stop taking your medications. Talk with a health professional about dry mouth. There may be different medications you can try.



### Manage Dry Mouth in Healthy Ways. Here's How:

- Get regular oral health checkups.
- Protect your teeth with fluoride toothpaste and fluoride rinse. Fluoride strengthens teeth. Your doctor or dentist can apply fluoride varnish or prescribe high-fluoride toothpaste.
- Sip water throughout the day (fluoridated water is best).
- Try sugarless gum or mints especially those made with xylitol, a natural sweetener that protects teeth.
- Ask your pharmacist about a saliva substitute.
- Try using a humidifier at night. The extra moisture in the air may help.

