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Understanding And Managing  
Dry Mouth Do It Yourself Better  
Dental Health

# Understanding And Managing Dry Mouth Do It Yourself Better Dental Health

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## **Understanding And Managing Dry Mouth**

To relieve your dry mouth: Chew sugar-free gum or suck on sugar-free hard candies to stimulate the flow of saliva. For some people, xylitol, which is often found in sugar-free gum or sugar-free candies, may cause diarrhea or cramps if consumed in large amounts. Limit your caffeine intake because caffeine can make your mouth drier.

## **Dry mouth treatment: Tips for controlling dry mouth - Mayo ...**

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Kurtzman DDS, Gregori.

### **Understanding and Managing Dry Mouth: Do It Yourself ...**

Managing Underlying Causes of Dry  
Mouth If dry mouth is caused by  
something like medication -- it is a  
common side effect of drugs used to  
treat depression, anxiety, pain, allergies  
(antihistamines...

### **Dry Mouth Treatments: Identifying the Causes of Dry Mouth**

Xerostomia or dry mouth is one of the  
most undermanaged oral health  
conditions in medicine and dentistry.  
This could be due to the lack of  
diagnosis and the lack of understanding  
about the oral implications associated  
with xerostomia.

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## **Understanding and Managing Xerostomia - Today's RDH**

Pharmacists and healthcare professionals should be aware of the signs, symptoms, aetiology and management, including the use of salivary stimulants and substitutes, for dry mouth. Source: Science Photo Library Xerostomia is diagnosed according to signs and symptoms of oral dryness rather than by any quantitative or qualitative analyses of saliva.

### **Dry mouth: advice and management | Learning article ...**

Sipping water and staying hydrated can help relieve dry mouth. Studies have found that dehydration may be a factor in dry mouth. Increasing your water intake can help treat mild dehydration.

2.

### **Dry Mouth Remedies: Home and Natural Remedies That Work**

Dry mouth is also known as xerostomia. It occurs when salivary glands in your

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## Understanding And Managing

## Dry Mouth, Do It Yourself, Better

mouth don't produce enough saliva. This condition causes a parched, or dry, feeling in your mouth. It can also cause...

### **Dry Mouth: Causes and Treatment - Healthline**

Dry mouth, or xerostomia (zeer-o-STOE-me-uh), refers to a condition in which the salivary glands in your mouth don't make enough saliva to keep your mouth wet. Dry mouth is often due to the side effect of certain medications or aging issues or as a result of radiation therapy for cancer.

### **Dry mouth - Symptoms and causes - Mayo Clinic**

Saliva also plays a role in digestion, starting to break down food before it leaves your mouth. And dry mouth can lead to other conditions like oral thrush, a yeast infection that can develop in...

### **7 Common Causes of Dry Mouth—and How to Fix It | SELF**

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# Understanding And Managing Dry Mouth Do It Yourself Better Renal Health

Understanding your target dry weight and how to manage fluid is critical to having a good dialysis treatment. Learn the basics of dry weight and some of the challenges that happen during dialysis and what you can do to help meet your fluid removal goal safely.

### **Dialysis Basics of Dry Weight and Fluid Management | Renal ...**

Dry mouth can be a result of nerve damage to the head and neck area from an injury or surgery.

### **Dry Mouth: Causes, Risks, and Treatments**

Dry mouth may be a warning sign of diabetes, but is not the only symptom that indicates this condition. It is, however, common in those suffering from type 1,2 diabetes (27 - 28). Dry mouth may be caused as a side effect of medication that is being consumed to keep the diabetes in control.

### **Update knowledge of dry mouth- A**

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# Understanding And Managing Dry Mouth Do It Yourself Better guideline for dentists

Dry mouth most commonly occurs as a side effect of medications that cause decreased saliva production, including high blood pressure medications, antihistamines, antidepressants (such as Wellbutrin, Lexapro and Zoloft), diuretics, nonsteroidal anti-inflammatories, steroids (such as prednisone and prednisolone), amphetamines (such as Adderall), and many others.

### **Dry Mouth Remedies, Causes, Symptoms & Treatment**

A dry mouth is a symptom of an underlying problem, rather than a disease in itself. A number of things may cause a persistently dry mouth, including prescription medications, medical treatments and certain autoimmune diseases such as Sjogren's syndrome. Treatment includes products that help to moisten the mouth. Dry mouth syndrome is also ...

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**Dry mouth syndrome - Better Health Channel**

Home treatment may help relieve symptoms of a dry mouth. Take frequent sips of liquid throughout the day. Water is best. Use ice chips and sugar-free items such as gum, hard candy and lollipops, frozen fruit juices, and soft drinks. They will help keep your mouth moist without promoting tooth decay.

### **Dry Mouth: Home Treatment and Prevention | Cigna**

Dry mouth is also called xerostomia. It occurs when the salivary glands do not make enough saliva, or spit, to keep the mouth moist. Because saliva is needed for chewing, swallowing, tasting, and talking, these activities may be more difficult with a dry mouth. Signs and symptoms of dry mouth

### **Dry Mouth or Xerostomia | Cancer.Net**

A dry mouth can occur when the salivary glands in your mouth don't produce

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enough saliva. This is often the result of dehydration, which means you don't have enough fluid in your body to produce the saliva you need. It's also common for your mouth to become dry if you're feeling anxious or nervous.

### **Dry mouth - Illnesses & conditions | NHS inform**

A dry mouth is the perfect environment for plaque to accumulate. Without saliva to lubricate and naturally wash the teeth throughout the day, the oral cavity becomes a breeding ground for bacteria. Brushing at least twice a day with a fluoridated toothpaste can help fight tooth decay.

### **Sjogren's Syndrome: Oral Signs & Symptoms | Colgate® Oral Care**

Oral complications of chemotherapy and head/neck radiation are common and should be considered before, during, and after treatment. Learn about preventing and managing mouth and throat problems like dryness, taste changes,

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pain, and infection in this expert-  
reviewed summary.

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