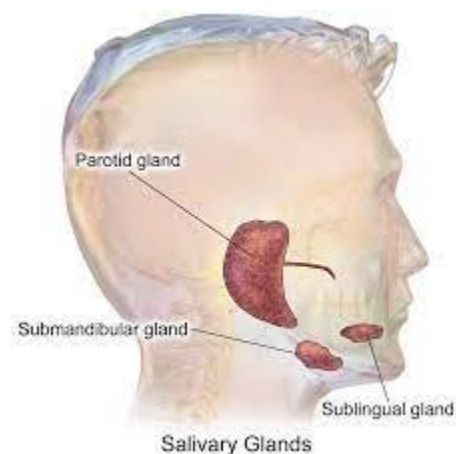


# Dry Mouth Care - Product Information

## Overview

Saliva is made by the salivary glands and serves a few important functions. Saliva:

- aids in the digestion by moistening food; contains two enzymes that begin the digestive process. Amylase breaks down starches into sugars (sugars are easier for the body to absorb). The enzyme lipase starts the breakdown of fats
- moistens and cleans the mouth
- makes talking, swallowing, and chewing easier
- contains substances that can help prevent infection



*The major salivary glands include the parotid, submandibular and sublingual glands. There are also more than 800 minor salivary glands that are located throughout the mouth.*

Dry mouth, also called *xerostomia* (zee·ruh·stow·mee·uh) can lead to increased plaque, tooth decay (cavities), and gum disease (gingivitis). It can also cause:

- mouth sores (erosion and ulceration of mucosal tissues)
- yeast infection in your mouth (thrush/oral candidiasis)
- sores or cracks in lips or at the corners of your mouth
- dysgeusia (altered taste) and dysphagia (trouble swallowing)
- poor nutrition from having problems with tasting, chewing, and swallowing or mouth sores

## Causes

- Cancer treatment: Radiation therapy to the head/neck can damage the salivary glands. Chemotherapy drugs can thicken saliva, which can make your mouth feel dry.
- Medicines: ~~Hundreds of~~ Several medicines can cause the salivary glands to make less saliva.
- Dehydration: Occurs when your body loses too much fluid (or doesn't take it enough).

- Diseases other than cancer such as diabetes or Sjögren's syndrome (autoimmune disorder)
- Nerve damage: The nerves that 'tell' the salivary glands to make saliva may be damaged.

One common treatment for dry mouth is artificial saliva, which is available under the many brand/product names. Turn the page to see some of the products available for dry mouth.

### Over-the-counter (no prescription needed) products for dry mouth

- **Oasis Moisturizing Mouth Spray** contains glycerin, cetylpyridinium chloride, copovidone, methylparaben, PEG-60 hydrogenated castor oil, propylparaben, sodium benzoate, sodium saccharin, xanthan gum, xylitol, and peppermint and spearmint flavors. Does not contain sugar or alcohol. 1-2 sprays as needed. Maximum 60 sprays per day. If using Oasis mouthwash, rinse mouth with 30 ml every 12 hours. Spit after rinsing – do NOT swallow.
- **SalivaSure lozenges** contain xylitol, malic (apple) acid, dibasic calcium phosphate, sodium citrate dihydrate, stearate acid, citric acid, magnesium stearate, silica colloidal, and sodium carboxy methyl cellulose. Does not contain sugar or alcohol. Dissolve 1 lozenge in mouth as needed. recommend 1 lozenge per hour
- **Caphosol rinse** contains dibasic sodium phosphatem monobasic sodium phosphate, calcium chloride, sodium chloride, purified water; supersaturated calcium phosphate rinse; and contains 71mg of sodium (salt) in a 30ml dose. Check with your doctor before using if you are on a salt-restricted diet. Does not contain sugar or alcohol. Use 2-10 doses a day.
- **XyliMelts** sticky discs contain acacia gum, cellulose gum, hydroxypropylcellulose, magnesium stearate, sodium bicarbonate, calcium carbonate. Natural mint if you get the mint flavor.. Does not contain sugar or alcohol. Apply 2 discs before bed, 1 on each side of the mouth in lower or upper part of cheek. Daytime, use as needed.
- **Mouth Kote spray** contains xylitol, sorbitol, yerba santa (an herb), citric acid, natural lemon-lime flavor, ascorbic acid, sodium benzoate, sodium saccharin no sugar or alcohol. Spray 3-5 times, swish for 8-10 seconds and spit or swallow. Use as needed.
- **Biotene Oral Balance gel** contains glycerin, water, sorbitol, xylitol, carbomer, hydroxyethyl cellulose, and sodium hydroxide. Does not contain sugar or alcohol. Apply 1/5 inch length onto tongue and spread evenly. Use as needed.

### Products for dry mouth requiring a prescription

- **Aquoral spray** contains Oxidized glycerol triesters, silicon dioxide, aspartame, and artificial flavoring. Does not contain sugar or alcohol. Spray 2 times in mouth every 6-8 hours as needed
- **NeuraSal rinse** contains calcium chloride, sodium phosphate and sodium bicarbonate plus inactive ingredients. Check with your doctor before using if you are on a salt-restricted diet. Does not contain sugar or alcohol. Swish ½ solution for 1 minute, spit it out and repeat with the other half of the solution (spit that out as well). Rinse 2 to 10 times a day, as directed by your doctor.