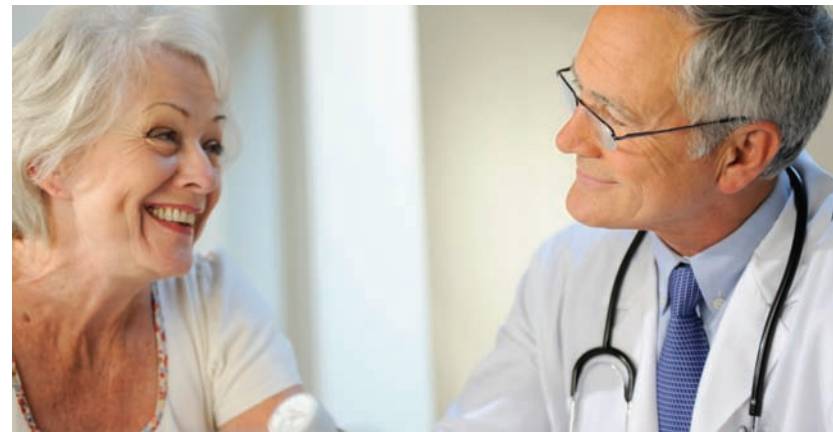


Dry Mouth

Talk to your healthcare providers if your mouth feels dry

Many prescription and over-the-counter medications contribute to dry mouth. Talk with your pharmacist or doctor —there may be a different medication you can try.



Manage dry mouth in healthy ways

- 1 Drink extra water (with your doctor's approval).
- 2 Use a saliva substitute or oral moisturizer.
- 3 Chew sugarless gum or mints, especially those with xylitol.
- 4 Use a humidifier at night.



Avoid painful and costly oral disease

Dry mouth causes cavities and gum disease. If you have dry mouth:

- Get regular dental visits.
- Protect your teeth with fluoride.
- Avoid candy, sugary cough drops & sodas, spicy foods, caffeine, and tobacco.



To learn more, call **1-888-4ELDERS**

 **DELTA DENTAL**
**Washington Dental Service
Foundation**

Community Advocates for Oral Health