

Dry Mouth (Xerostomia)

Dry mouth is an uncomfortable condition that can develop so slowly that some patients do not even realize that they have it. Not only can dry mouth be painful it can also cause severe and fast growing cavities to form and also make periodontal disease worsen.

Causes

- Prescription & Over the counter Medications
 - Hundreds of medications, including some over-the-counter drugs, produce dry mouth as a side effect. Among the more likely types to cause problems are some of the drugs used to treat depression and anxiety, antihistamines, decongestants, high blood pressure medications, anti-diarrheals, muscle relaxants, drugs for urinary incontinence, and Parkinson's disease medications.
- Tobacco
- Radiation & Chemotherapy
- Diabetes
- Menopause
- Sjogren's Syndrome
- Lupus
- Parkinson's Disease
- Mouth Breathing
- Depression
- Alcohol
- Stress & Anxiety

Prevention & Relief

Some over the counter products like Biotene and Oasis offer many patients relief. Chewing gums and lozenges that are sugar free and have Xylitol are great for stimulating saliva and preventing cavities. A prescription fluoride toothpaste maybe recommend by our team who will also work with you to create a system to keep you healthy. Keeping on a regular cleaning routine and good brushing and flossing is the first step.

Information

<http://www.mayoclinic.com/health/dry-mouth/HA00034/DSECTION=causes>

https://carifree.com/media/wysiwyg/Dry_Mouth_Medications.pdf