

Xerostomia Dry Mouth

Dry mouth is a condition that affects 3 out of every 10 American adults.

What Causes Dry Mouth?

The most common cause of dry mouth is prescription medication. Over 400 commonly used drugs can cause dry mouth. For example, here are some common types of medications that can cause this condition:

- ❖ Antihistamines
- ❖ Antidepressants
- ❖ Anticholinergics
- ❖ Anorexiants
- ❖ Antihypertensives
- ❖ Antipsychotics
- ❖ Diuretics
- ❖ Sedatives
- ❖ Antianxiety Agents
- ❖ Decongestants
- ❖ Bronchodilators
- ❖ Muscle Relaxants

Other causes of dry mouth are aging, radiation therapy, diabetes, and vitamin deficiencies.

What Symptoms Occur with Dry Mouth?

Symptoms can vary from dry sensations in your mouth to inability to speak or swallow.

Other symptoms can include:

- ❖ Cracked lips
- ❖ Bad breath
- ❖ Mouth sores
- ❖ Bleeding gums
- ❖ Deterioration in dental health

Caring For Dry Mouth

Drink plenty of fluids and stay hydrated

Floss Daily

Receive routine dental cleanings

Consult your doctor about different medications

Avoid consuming alcohol, tobacco, starchy foods

Please do not hesitate to ask Dr. Amie Rockow-Nelson about alternative care for dry mouth, she may be able to provide you with samples or a list of causing medications.