

Dry mouth is a very common problem.

It is often caused by medications and cancer treatments. Unfortunately, it can also be the result of diabetes, CPAP machines, or simply due to age and loss of salivary function. This is a major concern for dental health. Without saliva, teeth will decay and the oral tissue is more easily irritated. Chronic dryness also can lead to burning mouth syndrome (pain) and oral fungal infections. Sadly, due to the systemic causes, it is rare that the salivary flow will return. It can be valuable to ask your physician if alternative medications are an option, but unless the medications can be stopped all together, a major improvement is rarely seen. This means the best we can try and do is to keep the mouth moist in other ways.

I list a few products here that could possibly provide some temporary relief. These products do come with costs so many people find that frequently drinking plain, clean water works just as well. That being said, the additives in these products (usually xylitol, aloe vera, Yerba Santa, or glycerin) have been shown to provide longer durations of moisture AND some anti-cavity effect. This is particularly true to Xylitol and is the specific reason the Xylitol gums are recommended for those with dry mouth or high cavity risk/activity.

WHAT

WHY

Oral Moisturizing GELS

Dry mouth relief

SPRY Original moisturizing mouth GEL

xlear.com/spry-dental-defense

(go to mouth moisturizing section)

Biotene Oral Balance GEL

biotene.com

(Walgreens, CVS, Walmart, most others)

Oral Moisturizing SPRAYS

Dry mouth relief

Mouth Kote dry mouth spray

www.parnellpharm.com

(click on Mouth Kote, dry mouth spray)

SPRY moisturizing mouth spray

xlear.com/spry-dental-defense

(go to mouth moisturizing section)

Xylitol Chewing GUM

Reduce Cavity Risk & stimulate saliva flow

SPRY dental defense GUM

xlear.com/spry-dental-defense

(find preferred flavor and volume of gum)

Hager Pharma Xylitol chewing GUM

hagerworldwide.com (cannot purchase direct)

(found on both Amazon & Walmart websites)

Xylitol MINTS

Reduce Cavity Risk & stimulate saliva flow

SPRY dental defense mints

xlear.com/spry-dental-defense

(find preferred flavor and volume of mint)

Hager Pharma Dry Mouth DROPS

hagerworldwide.com (cannot purchase direct)

(found on both Amazon & Walmart websites)