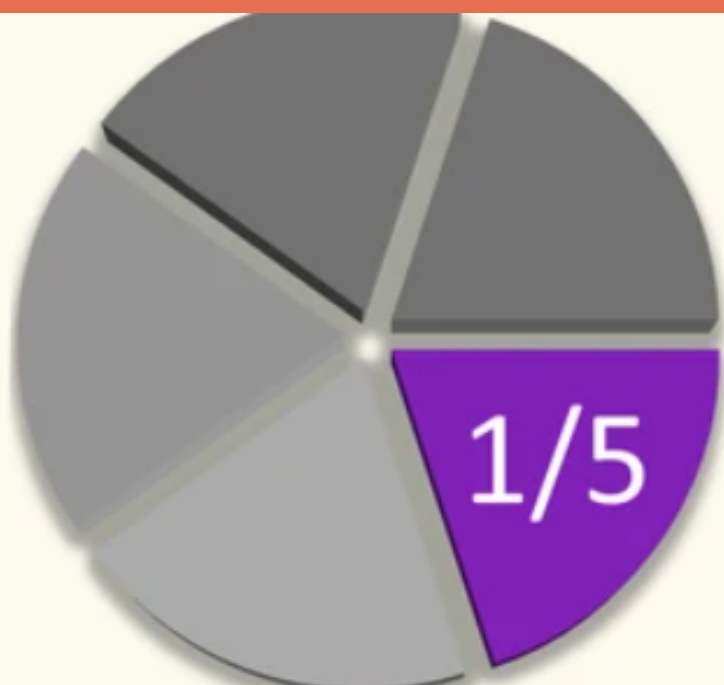


XEROSTOMIA

Definition:

Xerostomia (dry mouth) is the sensation you may feel when you don't have enough saliva



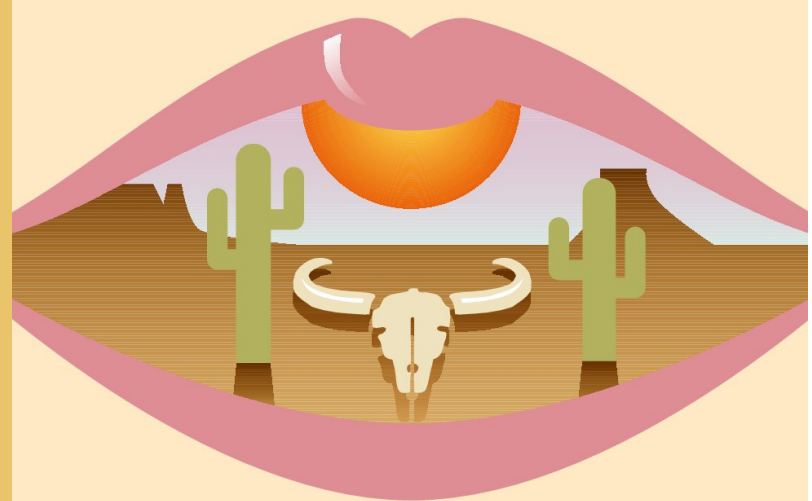
Epidemiology:

Dry mouth is common, affecting about 1 in 5 people. Your risk for dry mouth increases with age.

Etiology:

- Certain medications
- Underlying health conditions
- Radiation therapy, especially for head and neck cancer
- Chemotherapy drugs
- Nerve damage
- Mouth breathing
- Aging

DRY MOUTH



Complications:

- Cavities
- Gum disease
- Mouth sores
- Cracked lips
- Oral thrush (yeast infection)

Treatment

- Chew sugar-free gum or suck on sugar-free hard candies
- Limit your caffeine intake
- Do not use mouthwashes that contain alcohol
- Stop all tobacco use
- Sip water regularly
- Try saliva substitutes available without a prescription
- Try a mouthwash designed for dry mouth
- Breathe through your nose
- Add moisture to the air at night

Products:

- Products that stimulate or substitute salivary flow
- Oral moisturizer
- Special toothpaste and mouthwash
- products to soothe dry lips

Product Names: OraCoat XyliMelts

Ingredients: Xylitol, Acacia Gum, Cellulose Gum, Calcium Carbonate, Magnesium Stearate

Mechanism: Help increase saliva and freshen breath last 4-8 hours.

Instruction for use: Place a melt at the gum line on the outside of a molar, upper or lower, with the white side touching your cheek. Use your tongue to push melt to a comfortable spot. Let sit for 10 seconds to not disrupt adhesion.

ADA Seal or FDA Approval: No

Price: \$22 (pack of 100)



Product Names: Biotène Oralbalance Moisturizing Gel

Ingredients: Glycerin, Water, Sorbitol, Xylitol, Carbomer, Hydroxyethyl Cellulose, Sodium Hydroxide

Mechanism: Moisturizes, comforts and protects gums. Forms long-lasting lubricating layer over dry oral surfaces. Promotes pH responsible for a healthy fresh mouth.

Instruction for use: To use Biotène® Oralbalance Moisturizing Gel, place approximately a half-inch length of the gel directly on the tongue and spread thoroughly inside the mouth. it can help alleviate symptoms for up to 4 hours

ADA Seal or FDA Approval: Yes

Price: \$7 (1.5 OZ)



Product Names: Biotene Dry Mouth Oral Rinse

Ingredients: Purified Water, Glycerin, Xylitol, Sorbitol, Propylene Glycol, Poloxamer 407, Sodium Benzoate, Hydroxyethyl Cellulose, Methylparaben, Propylparaben, Flavor, Sodium Phosphate, Disodium Phosphate

Mechanism: Help provides immediate symptom relief while maintain a balanced pH in the mouth for 4 hours

Instruction for use: Use 15mL (approx. 1 tablespoon), rinse for 30s then spit out. Use up to 2 times/day; or up to 3 times/day only on instruction of your healthcare professional.

ADA Seal or FDA Approval: Yes

Price: \$9 (8 FL OZ)



Product Names: Biotène® MOISTURIZING SPRAY

Ingredients: Glycerin, Xylitol, PEG-60, Hydrogenated Castor Oil, VP/VA Copolymer, Flavor, Sodium Benzoate, Xanthan Gum, Methylparaben, Propylparaben, Sodium Saccharin, Cetylpyridinium Chloride

Mechanism: Soothing and moisturizing dry mouth

Instruction for use: Use the Spray throughout the day as needed. To relieve your symptoms, spray directly into your mouth, onto the tongue, and spread thoroughly inside the mouth.

ADA Seal or FDA Approval: Yes

Price: \$10 (1.5FL OZ)



How often: Saliva substitutes and oral moisturizer are used as often as needed. mouth wash can be used 2-5 times a day.

Contraindication: Possible side effects of allergic reaction such as rash, hives, trouble breathing or swallowing.

Where to get these products: Amazon, pharmacy store, Walmart, etc.

Youtube:

<https://youtu.be/X0TxF63xmZk?si=79S5r7hvSoFPTMBq>

Reference

Amazon.(n.d.). *OraCoat XyliMelts Dry Mouth Relief Oral Adhering Discs, Slightly Sweet with Xylitol, for Dry Mouth, Stimulates Saliva, Non-Acidic, Day and Night Use, Time Release for up to 8 Hours, 100 Count.*

<https://www.amazon.com/XyliMelts-Adhering-Slightly-Stimulates-Non-Acidic/dp/B07TYW877C>.

Biotène.(n.d.). *Biotène® Dry Mouth Oral Rinse.* <https://www.biotene.com/dry-mouth-products/mouthwash/>.

Trademark Medical.(n.d.). *bioXtra Oral Moisturizing Gel 12pk of 15ml tubes.* <https://trademarkmedical.com/shop/bioxtra-oral-moisturizing-gel/>.

Dry mouth - Diagnosis and treatment - Mayo Clinic. (2023b, December 19).

<https://www.mayoclinic.org/diseases-conditions/dry-mouth/diagnosis-treatment/drc-20356052>