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PHARMACY

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Dry Mouth

Everyone has a dry mouth occasionally, often when nervous, upset or under stress, but chronic dry mouth can be a sign of disease or can lead to health problems. Dry mouth can cause difficulties in tasting, chewing, swallowing, and speaking, and can increase your chance of developing dental decay and infections in the mouth. Technically known as xerostomia, dry mouth can be caused by diseases such as Sjogren's syndrome, HIV/AIDS, and diabetes; or treatments such as radiation or chemotherapy. Some medicines - including those used to treat high blood pressure and depression - decrease saliva flow. Here are some helpful tips to relieve dry mouth: sip water or sugarless drinks often, avoid drinks with caffeine, chew sugarless gum or suck on sugarless hard candy to stimulate saliva flow, don't use tobacco or alcohol, avoid spicy or salty foods that may cause pain, and use a humidifier at night. If you regularly have a dry mouth, talk to our pharmacist to see if it could be a side effect of a drug you are taking. Our compounding professionals can help by working with your doctor to customize medications in lozenges, oral sprays or drops to increase saliva flow.



References available upon request.

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We care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

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