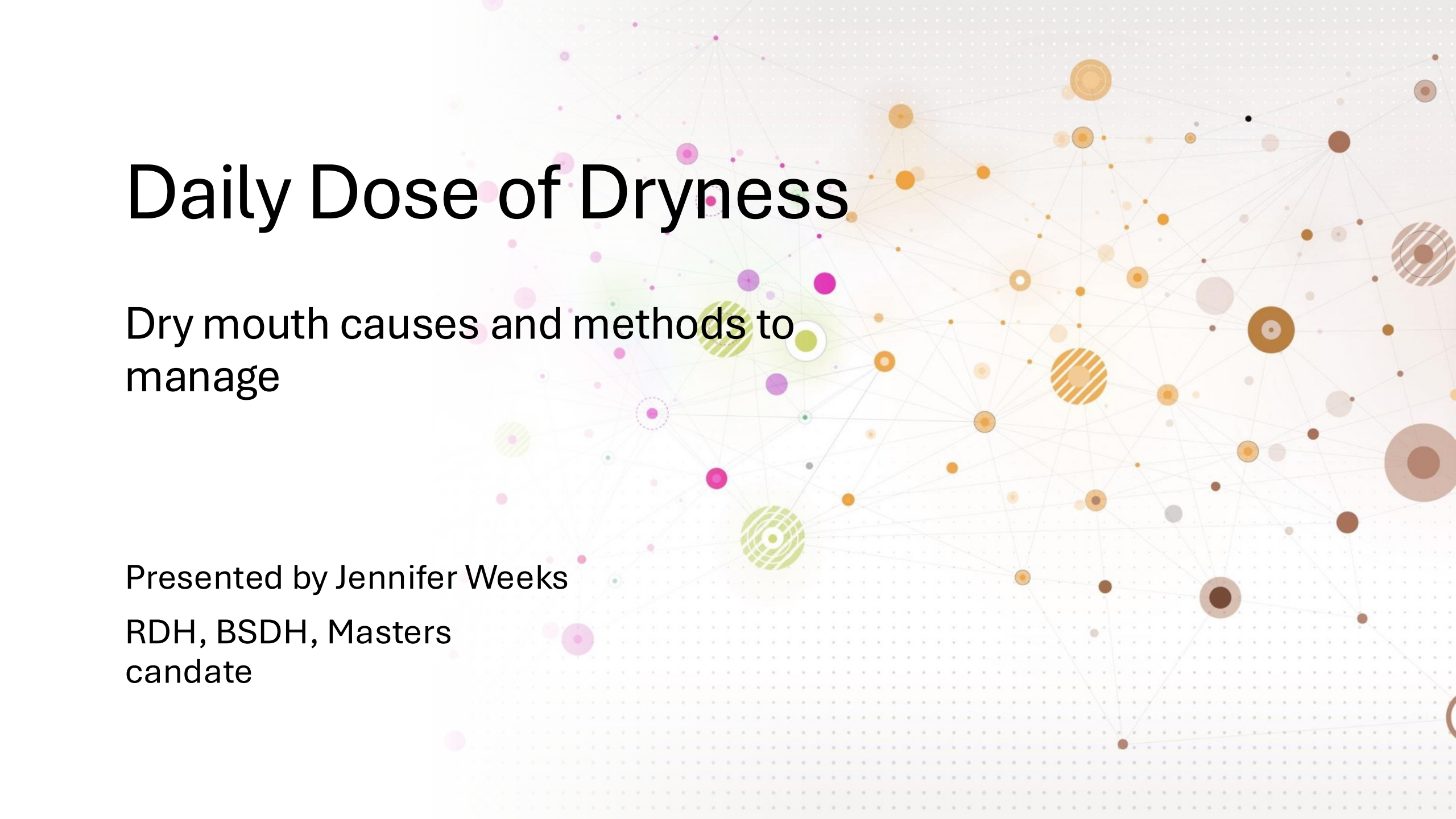


Daily Dose of Dryness



Dry mouth causes and methods to manage

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Learning Objectives

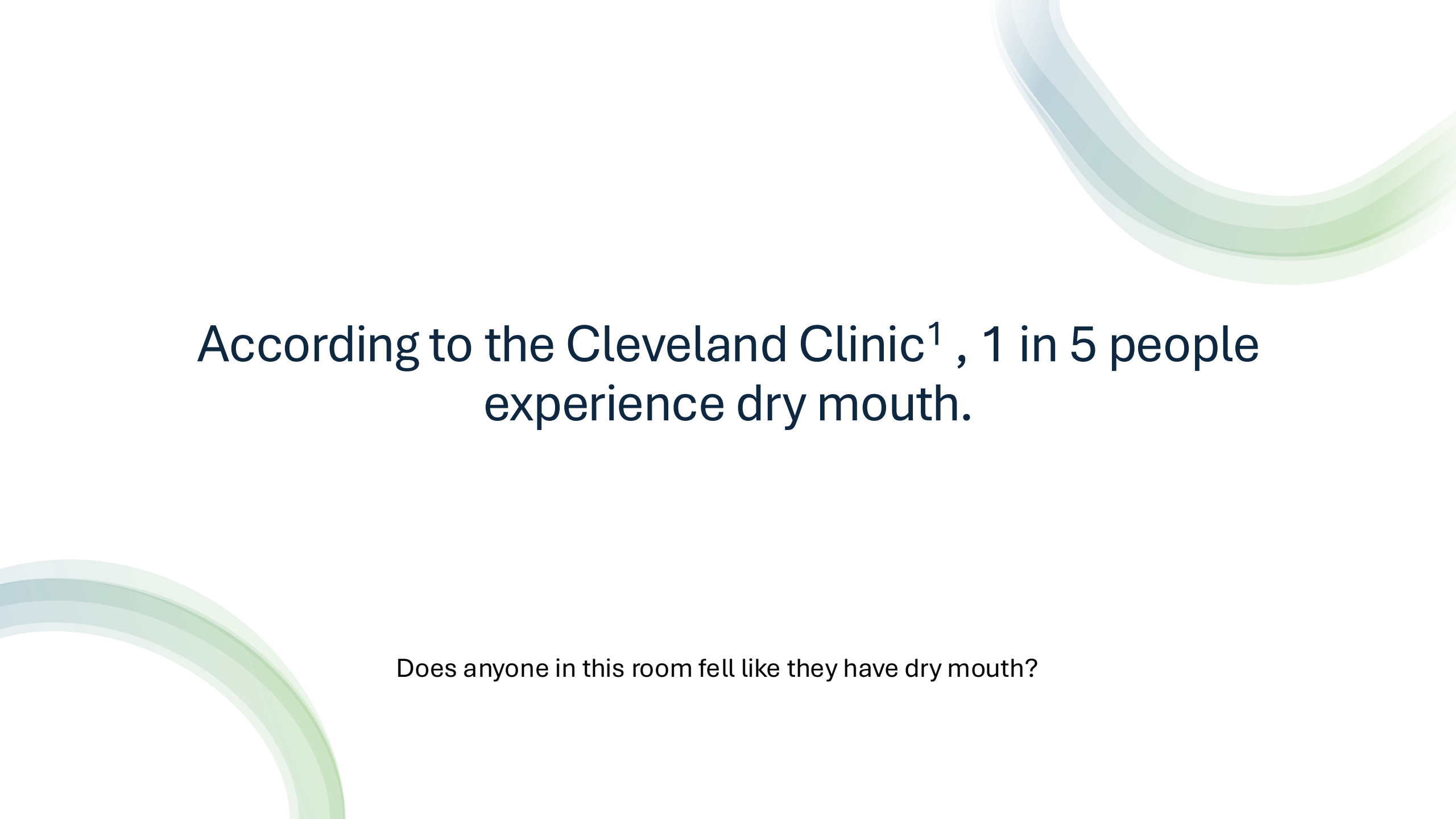
- Identify potential causes of dry mouth
- Develop understanding for dry mouth causing caries
- Discuss the impacts dry mouth has on quality of life
- Verbalize how Xylitol assists in dry mouth symptoms
- Appreciate the wide variety of methods to help with symptoms



Xerostomia

Dry mouth is a symptom of reduced salivary output as a result of a myriad of causes

- Reduced signals to neurotransmitters
- Destruction of salivary glands
- Dehydration
- Autoimmune conditions



According to the Cleveland Clinic¹ , 1 in 5 people experience dry mouth.

Does anyone in this room feel like they have dry mouth?

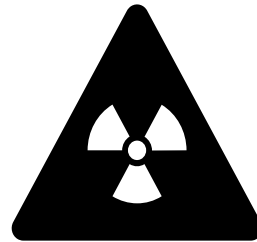
Reduced signals to neurotransmitters (medically induced)

- Antidepressants
- Diuretics
- Antihypertensive (high blood pressure)
- Antihistamine



Destruction of salivary glands

Most commonly from radiation therapy to battle head and neck cancers.



Dehydration

- Lack of water intake
- Strenuous exercise
- Higher temperatures
- Illness



Autoimmune conditions

Sjogrens

- The body attacks tear and salivary glands
- Mainly affects women
- Harmful to many organ systems
- Increase risk of dental issues

Dry Mouth and your oral health



The slide features decorative curved lines in the top right and bottom left corners. These lines are composed of multiple overlapping layers in shades of light blue and green, creating a sense of depth and movement.

Cavities!

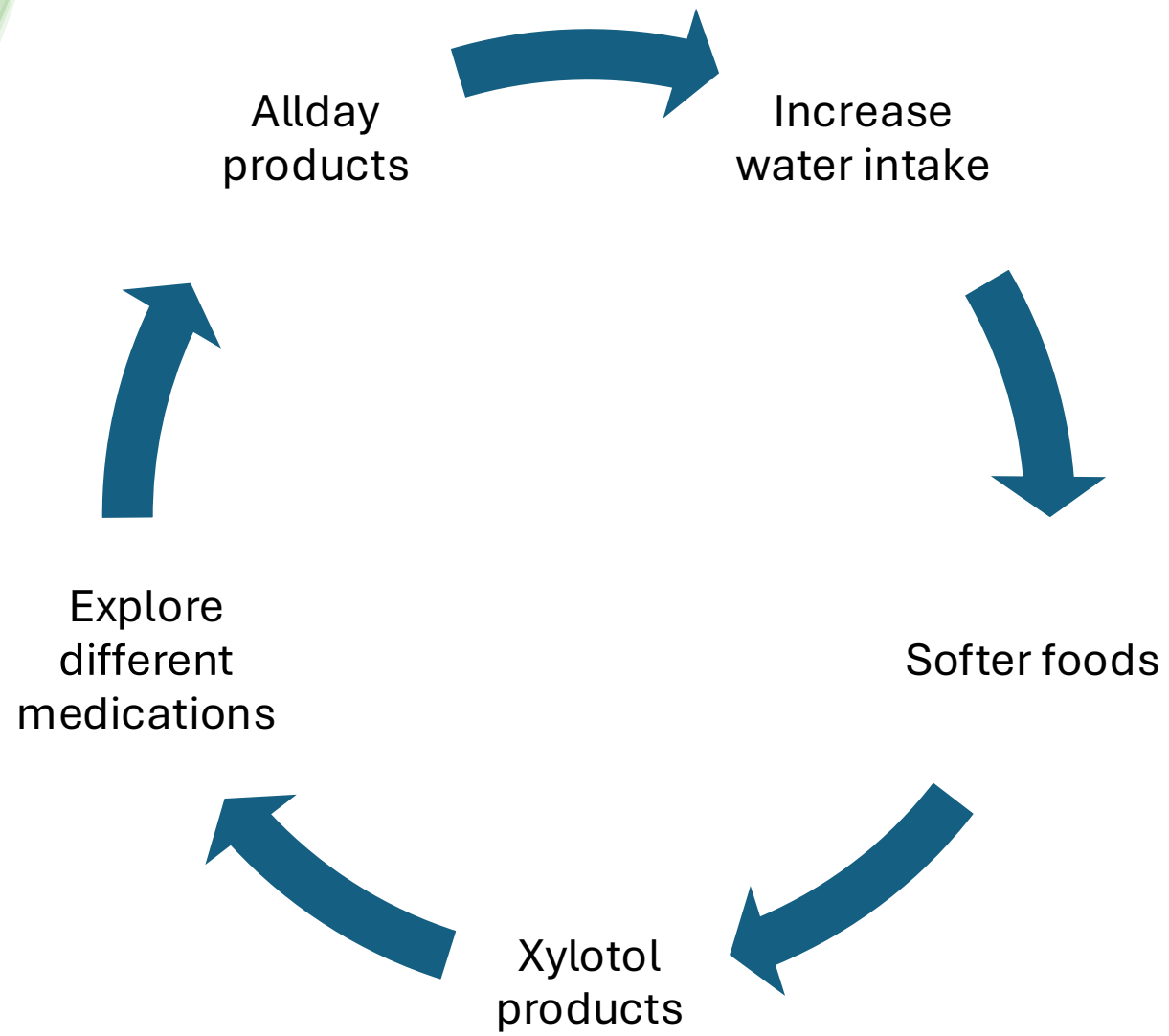
Saliva is crucial to a healthy mouth. It helps wash away bad bacteria between meals. When the mouth is dry it allows bacteria to more readily stick to our teeth putting them at a greater risk for decay.

Quality of life

- Can be quite uncomfortable
- Difficulty swallowing
- Trouble speaking
- Poor taste in the mouth
- Altered taste of foods
- Sleep disruption

The background features a light green-to-blue gradient. In the top-left corner, there are several overlapping, wavy, light blue shapes that resemble stylized clouds or water. In the bottom-right corner, there are similar wavy shapes in a lighter, almost white, color.

WHAT DO I DO?!?



References

1. *Xerostomia (dry mouth)*. Cleveland Clinic. (2025, December 17). <https://my.clevelandclinic.org/health/diseases/10902-dry-mouth-xerostomia>
2. *Dry mouth can impact your health*. (2024, May 13). University of Utah Health | University of Utah Health. <https://healthcare.utah.edu/the-scope/health-library/all/2015/09/dry-mouth-can-impact-your-health#:~:text=Some%20medications%20that%20can%20cause%20dry%20mouth,physician%20and%20dentist%20about%20your%20dry%20mouth.>
3. Admin. (2023, March 16). *Xerostomia - Oral Cancer Foundation | Information and Resources about Oral Head and Neck Cancer*. Oral Cancer Foundation | Information and Resources About Oral Head and Neck Cancer. <https://oralcancerfoundation.org/complications/xerostomia/#:~:text=Because%20of%20their%20susceptibility%20to,the%20effects%20of%20their%20xerostomia.>
4. Thomson, W. M., Lawrence, H. P., Broadbent, J. M., & Poulton, R. (2006). The impact of xerostomia on oral-health-related quality of life among younger adults. *Health and quality of life outcomes*, 4, 86. <https://doi.org/10.1186/1477-7525-4-86>