

Dry Mouth Symptom Relief

Most treatments for dry mouth require a lot of chewing. The more you chew the more saliva you produce. Chewing stimulates the salivary glands, much like exercising a muscle. If you don't use them, they kind of wither away. But those remedies assume you have functioning salivary glands. If the glands don't work, chewing won't help.

Crunch a cube. Chewing on crushed ice not only moistens your mouth, but it also demands the jaw action necessary to turn on the salivary glands.

Buy gum. Chewing sugar-free gum is an anywhere, anytime way to stimulate saliva. The combination of jaw action and the sweetness of the gum acts to increase saliva flow. Obviously, since we are trying to lose weight, you will want to only get the ones with artificial sweeteners, or sugar-free.

Try a fruit pit. If you don't care to chew gum, try sucking on a large fruit pit. The presence of something in the mouth just seems to help people produce more saliva. Conventional hard candies and breath mints produce the same result; just make sure they're sugar-free. Remember to watch the amount of fruit you are eating each day, though, while you are losing weight.

Drink more water. Drink as much water as you can and want, swishing it around your mouth and through your teeth.

Moisten with a multi-vitamin. Vitamin deficiencies could be robbing the moisture from your mouth. A lack of riboflavin or Vitamin A can cause a dry mouth, as can pernicious anemia from a Vitamin B₁₂ deficiency. Don't forget to take your daily multiple vitamin supplements.

Fake it. For comfort and lubrication, our physicians can prescribe artificial saliva for people who have chronically dry mouths and little or no salivary gland action. The gel contains the same enzymes and minerals as real saliva, but lingers in your mouth only a short time, so it has to be used frequently.

Treat what is causing the problem. New medications, such as weight loss medication, can often cause an increase in dry mouth. If the dry mouth is not that bad, it might be worth trying one of these other symptomatic relief treatments, but if it is too hard to tolerate, a switch in medications may be the best option.

Try Biotene product line to help with dry mouth. Comes in toothpastes, mouth washes, mouth sprays, mouthwashes, dry mouth liquids, gum, gels. (Found in most pharmacies)