

**3M** Science.  
Applied to Life.™



**Dry mouth?  
You're not  
alone.**

Patient information

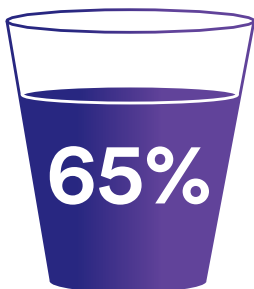
## What exactly is dry mouth?

When you think of dry mouth, you probably think of needing a glass of water, not needing to talk to your dentist. But dry mouth can actually be more serious than you think.

Clinical dry mouth, known as xerostomia (zeer-oh-STOH-mee-ah) to your dentist, is a medical condition that occurs when your mouth doesn't produce enough saliva or your saliva changes in some way. Beyond being uncomfortable, dry mouth can have a huge impact on your daily life and oral health – if not diagnosed and managed early.

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### Did you know...

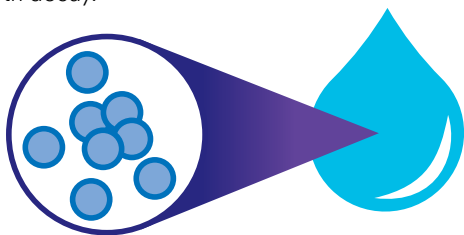


**...of the population suffers from dry mouth at some point in their life!<sup>1</sup>**

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### Why is saliva so important?

Saliva is 98 percent water, but it contains many important substances, including antibacterial compounds, minerals, electrolytes and enzymes, that are essential to your oral health. Saliva helps you stay healthy by keeping your mouth clean, moist and comfortable, and helping you chew and swallow. Without saliva, you can't fight the germs and bacteria in your mouth, which can lead to tooth decay.





## What causes dry mouth?

Part of the reason dry mouth is so hard to diagnose is due to the huge number of possible causes – some of which are interconnected.

### Dry mouth can be caused by conditions like:

- Asthma
- Depression/anxiety
- Diabetes
- Autoimmune disorders
- Hypertension
- Sjögren's syndrome
- Cancer therapy
- Sleep apnea
- Mouth breathing

### Dry mouth can also be caused by

**700+**









### medications, including:<sup>2</sup>

- Antiacne agents
- Antianxiety agents
- Anticonvulsants
- Antidepressants
- Antidiarrheal agents
- Antidysrhythmics
- Antihistamines
- Antinausea agents
- Antipsychotics
- Anorexiant
- Antacids
- Bronchodilators
- Decongestants
- Diuretics
- High blood pressure medications
- Muscle relaxants
- Narcotic analgesics
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Opioid analgesics
- Parkinson's disease medications
- Sedatives
- Smoking-cessation agents
- Urinary incontinence agents



# How do I know I have dry mouth?

If these symptoms sound familiar to you, it's time to speak up and talk to your dentist to discuss options for relief.

	My mouth and throat feel dry and sticky
	I have an ongoing need to drink/sip beverages to quench my thirst with only temporary relief
	It's difficult to speak, eat and swallow
	My lips are dry and cracked
	I've been told I have bad breath
	There's a burning sensation in my mouth
	My tongue is dry and rough
	I'm getting more cavities

## Why you should speak up:

Because dry mouth is so common, many individuals won't say anything about their symptoms, but this reluctance can have some serious consequences beyond discomfort.

Clinically dry mouth can make it difficult to chew, taste, swallow and speak – and can increase your risk of tooth decay. Other potential complications include:

- Increased risk of oral inflammation, infection or ulcers
- Increased risk of gum disease
- Altered taste
- Halitosis (bad breath)<sup>3</sup>

That's why it's important to talk to your dentist and hygienist about your symptoms, even if they don't seem that extreme. The earlier you can catch dry mouth, the faster your dentist can help you fight back and find the effective, convenient relief you need.

# How can I manage my dry mouth?

You and your dentist can discuss solutions for your dry mouth based on the cause and severity of your symptoms.

Solutions could include reviewing and changing your medication, diet or hygiene habits, or using over-the-counter or prescription dry mouth products.

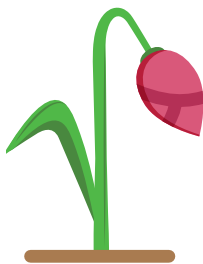
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## What's your dry mouth level?

Your dry mouth can fall into one of four categories, all with their own treatment needs.

### Mild:

If your symptoms are mild, you may not need much additional help. Increasing your water intake or chewing sugarless gum could be all you need to find relief.



### Moderate:

Moderate symptoms include saliva that seems thick and stringy, a dry, sticky feeling in the mouth and bad breath – which may require a dry mouth spray, gel or rinse, or a fluoride treatment.



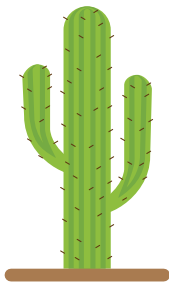
## Did you know...



...a healthy mouth produces  
0.5 to 1.5 litres of saliva a day!<sup>4</sup>

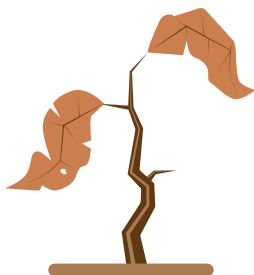
## Severe:

Further up the scale, severe symptoms include increased plaque on the teeth, chapped lips, and sores in the mouth or on the tongue. Your dental professional will likely recommend a saliva substitute, dry mouth product or fluoride treatment.



## Extreme:

Extreme symptoms include tooth decay, a cracked tongue, difficulty speaking, chewing or swallowing, and more – and may call for more advanced treatment.



Regardless of your level, you and your dental professional will review your symptoms and choose the right treatment to provide you with dry mouth relief.

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<sup>1</sup> ADA Science Institute, C. (2017). Oral Health Topics: Xerostomia (Dry Mouth). JADA. [www.ada.org/en/member-center/oral-health-topics/xerostomia](http://www.ada.org/en/member-center/oral-health-topics/xerostomia).

<sup>2</sup> Sankar, V., & Rhodus, N. (2015, October 15). Xerostomia. [www.aaom.com/index.php?option=com\\_content&view=article&id=107:xerostomia&catid=22:patient-condition-information&Itemid=120](http://www.aaom.com/index.php?option=com_content&view=article&id=107:xerostomia&catid=22:patient-condition-information&Itemid=120).

<sup>3</sup> Rao, P. K. et al. Xerostomia: Few dry facts about dry mouth. Archives of Medicine and Health Sciences 2, 190 (2014).

<sup>4</sup> Mese H, Matsuo R. Salivary secretion, taste and hyposalivation. J Oral Rehabil 2007;34(10):711-23.



### 3M Oral Care

#### 3M Australia Pty Limited

Building A, 1 Rivett Road  
North Ryde, NSW 2113  
Ph: 1300 363 454  
[3M.com.au/Dental](http://3M.com.au/Dental)

#### 3M New Zealand Limited

94 Apollo Drive  
Rosedale, Auckland 0632  
Ph: 0800 80 81 82  
[3M.co.nz/Dental](http://3M.co.nz/Dental)