



## Idaho Dysphagia Specialists, PLLC

Provider of Mobile Fiberoptic Endoscopic Evaluation of Swallowing (FEES)

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### Xerostomia

(Zeer-uh-stoh-mee-uh)

**Xerostomia** is the medical term for *dry mouth*.

Xerostomia results from temporary blockage of or damage to the major salivary glands of the mouth. When chronic, a dry mouth may lead to discomfort, difficulty speaking, difficulty swallowing or other health problems.

#### Symptoms may include:

Sticky or “thick” saliva	Burning sensation in the mouth
Constant or increased thirst	Reduced, “papery” or “peppery” taste
Cracked or painful tongue	Difficulty eating dry foods
Dry/cracked lips	Feeling of food “getting stuck” in the throat
Sores in the mouth	Difficulty speaking and swallowing

#### Other Common Causes of Xerostomia:

Over the counter medication	Smoking	Radiation Therapy
Prescription medication	Alcohol	
Caffeine		
Health Conditions (Parkinson’s Disease, Sjorgren’s Syndrome)		

#### Helpful hints to relieve Xerostomia:

- Maintain good oral care- brush and rinse several times a day, particularly after meals
- Use saliva substitute or oral rinses (Biotene, Pill Glide)
- Eat moist cooked foods
- Chew sugarless gum (Xylitol) or suck on hard candy (sugarless)
- Consider saliva producing prescription medications (Salagen, Evoxac)
- Carry water/sip on water throughout the day
- Use a humidifier, especially at night
- Alternate liquid with your food while eating
- Alert our doctor if you have any sores or pain in your mouth

#### Medications:

- Drink a glass of water before taking medications to moisten your mouth, throat and esophagus
- Consider liquid medications or coated pills