

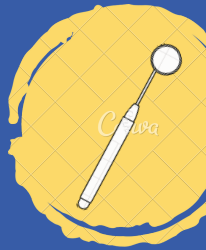
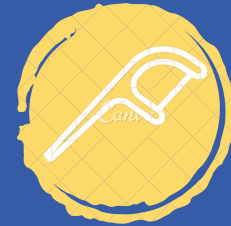
# TIPS FOR MANAGING XEROSTOMIA

- CHEW SUGAR FREE OR XYLITOL GUM IN BETWEEN MEALS TO HELP STIMULATE SALIVARY FLOW
- STAY HYDRATED- DRINK LOTS OF WATER!
- LIMIT ALCOHOL CONSUMPTION, AS THIS CAN MAKE XEROSTOMIA WORSE
  - USE ALCOHOL FREE MOUTHRINSES
- TALK TO YOUR DOCTOR ABOUT MEDICATIONS YOU'RE TAKING, THEY MAY BE CAUSING XEROSTOMIA OR WORSENING IT



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# HOW ALCOHOL CONSUMPTION CAN LEAD TO XEROSTOMIA

Fall 2021



## WHAT IS XEROSTOMIA?

Xerostomia (dry mouth) ranges from mild oral discomfort to significant oral disease that can compromise the patient's health, dietary intake, and quality of life.

Reduced salivary flow can cause difficulties in:

- tasting
- chewing
- swallowing
- speaking

It can also increase the chance of developing:

- dental caries (cavities)
- demineralization of teeth
- tooth sensitivity
- oral infections

## THE LINK BETWEEN ALCOHOL AND ORAL HEALTH

- Alcohol has been recognized as a diuretic, causing loss of fluids and decreasing salivary flow.
- Saliva plays an important role in keeping the mouth moist, helping remove food particles, and preventing tooth decay .



- Without saliva, we wouldn't be able to talk, drink, or enjoy our favorite foods.
- Some oral conditions that may arise due to a lack of saliva include:
  - poor nutrition (due to the inability to eat)
  - increased plaque & decay, causing gum disease
  - yeast infection of the mouth (A.K.A. thrush)
- Proper salivary flow is important not only for your mouth, but for the health of your body.



## EFFECTS OF ALCOHOL ON ORAL HEALTH

- **DECREASES SALIVA PRODUCTION**
- **INCREASES:**
  - **PLAQUE BUILD-UP**
  - **BLEEDING OF GUMS**
  - **RISK OF CAVITIES**
  - **STAINING**
  - **ACIDITY OF SALIVA**
  - **HALITOSIS (BAD BREATH)**
  - **RISK OF PERIODONTAL DISEASE (BONE LOSS)**

