

Colgate®

Managing Your Dry Mouth & Risk for Decay



Colgate®

You could be experiencing a dry mouth if you suffer from one or more of these common symptoms:²

- A sticky, dry feeling in the mouth
- Trouble chewing, swallowing, tasting, or speaking
- A burning feeling in the mouth
- A dry feeling in the throat
- Cracked lips
- A dry, rough tongue
- Mouth sores
- An infection in the mouth
- Waking up with a dry mouth at night



A DRY MOUTH PUTS YOU AT INCREASED RISK FOR TOOTH DECAY

A dry mouth is a side effect of many common medications.³

Type of Medication	Examples*
Antihistamines	Allegra, Benadryl
Decongestants	Mucinex, Sudafed
Antidepressants	Lexapro, Zoloft
Sedatives/Sleeping Pills	Ambien, Ativan, Tylenol PM
Antihypertensives (blood pressure)	Lopressor, Inderal, Vasotec
Diuretics	Diuril, Lasix
Pain Relievers	Aleve, Motrin, Percocet, Vicodin
Muscle Relaxers	Flexeril, Soma
Antianxiety	Lexapro, Valium, Xanax
Antacid/Acid Reflux	Prilosec, Pepcid, Zantac

*Brands listed are registered trademarks of their respective owners.

MANAGING SYMPTOMS OF A DRY MOUTH²

- Symptoms can be relieved with water, a saliva substitute product, or sugar-free lozenge.
- Avoid drinks with caffeine, such as coffee, tea, and some sodas. Caffeine can dry out the mouth.
- Chew sugarless gum or suck on sugarless hard candy to stimulate saliva flow; citrus, cinnamon, or mint-flavored candies are good choices.
- Don't use tobacco or alcohol. They dry out the mouth.
- Be aware that spicy or salty foods may cause discomfort in a dry mouth.
- Use a humidifier at night.

2. Adapted from: National Institutes of Health
National Institute of Dental and Craniofacial Research
NIH Publication No. 99-3174

3. Christensen, Gordon J, *Clinicians Report*, October 2012,
Volume 5 Issue 10: Addendum

Did You Know?

Your saliva contains over 60 substances which help to:¹

- Protect, moisten, and cleanse the mouth
- Protect teeth against decay
- Aid in chewing, swallowing, and talking
- Aid our sense of taste

1. Koenigs PhD, Paula M; Faller BS, Robert V. "Fundamentals of Dentifrice: Oral Health Benefits in a Tube." <http://www.dentalcare.com/en-US/dental-education/continuing-education/ce410/ce410.aspx?ModuleName=coursecontent&PartID=2&SectionID=0>. Accessed on June 30, 2014



COLGATE® PREVIDENT® PROVIDES PRESCRIPTION STRENGTH PROTECTION

Patients at high risk for decay may benefit from a prescription level fluoride toothpaste to help strengthen teeth and help protect against decay, and can be especially important to those with dry mouth.

Using Colgate® PreviDent® 5000 as prescribed could benefit your oral health.

The amount of fluoride contained in Colgate® PreviDent® 5000 is a higher level of fluoride, four times higher than the amount found in regular toothpaste.

Once your decay risk factors are identified in today's dental visit, your Dental Professional may recommend a prescription level of fluoride.



For more information regarding
Oral Health As We Age visit:
www.ToothWisdom.org

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