

- **Breathe through your nose** not your mouth.
- **Use Humidifier** to maintain moisture in your room

HOW TO PROTECT ORAL HEALTH IN DRY MOUTH?

Saliva is important to maintain the health of your teeth and mouth. If you frequently have a dry mouth, taking these steps to protect your oral health may also help your condition:

- **Avoid foods with excess sugar or acid** because they increase your risk of tooth decay.
- **Use fluoride toothpaste** ask your dentist if you might benefit from prescription fluoride toothpaste.
- **Use a fluoride rinse** or brush-on fluoride gel before bedtime. Occasionally a custom-fit fluoride applicator (made by your dentist) can make this more effective.
- **Follow up with your dentist** at least two times per year to detect and treat tooth decay or other dental problems.

If these steps don't improve your dry mouth, talk to your doctor or dentist. The cause could be a medication or another condition. Medications are one of the most common causes of dry mouth. Long-term relief from your dry mouth may mean stopping or changing your medication or its dosage or addressing underlying health issues.



DID YOU KNOW?

The number of Parkinson's patients will double by 2040. Millions of Parkinson's patients around the world are suffering from poverty and...

- Cannot afford to buy their medications
- Cannot afford to purchase a cane, walker, or a wheelchair
- Cannot obtain educational literature about Parkinson's in their language
- Are not able to afford consulting a neurologist and remain undiagnosed and untreated

OUR SERVICES

World Parkinson's Program is the only organization that provides the following unique services to Parkinson's patients:

- Parkinson's medications to those patients who can't afford to buy them
- Canes, walkers & wheelchairs to prevent falls
- Parkinson's educational brochures in many languages
- Free electronic educational newsletter
- Chapters of World Parkinson's Program in various parts of the world

JOIN THE FIGHT AGAINST PARKINSON'S

TO DONATE, VISIT PDPROGRAM.ORG

This information is not a substitute for medical advice. Consult your Physician before applying this information.

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Acknowledgments: Dr. A. Q. RANA Neurologist (Canada)

Frequently asked questions about...

PARKINSON'S DISEASE & DRY MOUTH



ENGLISH - 14



www.pdprogram.org

"Those who fight Parkinson's with knowledge always find solutions"- Dr. Rana

Parkinson's disease is a progressive neurodegenerative condition characterized by tremors, slowness of movements, stiffness, and balance problems. In addition, Parkinson's has many non-motor symptoms such as memory or cognitive issues, speech and swallowing problems, depression, and sleep difficulties. It affects more than 10 million individuals around the world and this number will double by 2031.

WHY DO WE NEED CONTINUOUS SECRETION OF SALIVA?

Dry mouth occurs when our body is not producing enough saliva. A healthy adult produces saliva continuously every day which goes un-noticed unless it is not produced in enough quantity to do all its functions properly. The saliva in our mouth serves many purposes.

Our body needs a regulated supply of saliva to maintain its functions in the most effective way. Some of the functions of Saliva are listed below.

- Saliva protects oral cavity from getting excessively dry
- It washes away food and plaque from your teeth
- It helps to repair early tooth decay with the help of its mineral component
- It limits bacterial growth thus protecting tooth enamel and preventing mouth infections
- Saliva also neutralizes damaging acids in our mouth
- Saliva enhances the taste as well as helps in swallowing food
- Saliva is enriched in enzymes which helps in the proper digestion of food

WHAT CHANGES DO PEOPLE FEEL ALONG WITH THE DRY MOUTH?

Along with the feeling of excessive dryness in mouth, you may notice:

- Thick Saliva which makes swallowing or speaking difficult
- Sores or split skin at the corners of the mouth
- Bad breath
- A burning or tingling sensation of your tongue
- An altered sense of taste
- Increased plaque, tooth decay and gum diseases
- Increase nighttime awakening to take sips of water to get relief from dry mouth.

HOW COMMON IS DRY MOUTH IN PARKINSON'S?

While drooling is a common symptom of Parkinson's disease, many patients do complain of dry mouth as well. Drooling is due to decreased swallowing and not due to the overproduction of saliva. Excess Saliva, which is not swallowed, pools in the mouth and dribbles. Although, a few research have shown decreased production of saliva in PD as well, which may be a factor in dry mouth.

- Dry mouth in Parkinson's can be an early manifestation of the involvement of the autonomic system which results in less production of saliva.
- Dry mouth may also be caused by some of the medications for Parkinson's disease, particularly anticholinergic medications.
- Dry mouth can also be present in Parkinson's patients who sit and sleep with their mouth open
- Parkinson's patients with co-existing anxiety can have episodes of rapid shallow breathing which can result in dry mouth
- Dry mouth can also be a part of normal aging process

IS MY DRY MOUTH RELATED TO THE MEDICATIONS I TAKE?

Although it is frequently believed that dry mouth is a part of aging but mostly it is actually related to the medications taken by older adults rather than to their age. Many common medications, including some over-the-counter drugs, produce dry mouth as a side effect.

Among the more likely drugs to cause problems are some of the drugs used to treat depression and anxiety, antihistamines, high blood pressure medications, anti-diarrhoea medications, muscle relaxants, drugs for urinary incontinence and some of the Parkinson's disease medications.

WHAT CAN I DO TO RELIEVE THE DRYNESS OF MY MOUTH?

- **Chew sugar-free gum** or suck on sugar-free hard candies to stimulate the flow of saliva.
- **Limit your caffeine intake** because caffeine can make your mouth drier.
- **Avoid mouthwash which contains alcohol** because it can be drying.
- **Try to limit tobacco use and smoking** if you smoke or chew tobacco.
- **Take Sips of water** time to time.
- **Try over-the-counter saliva substitutes** — look for products containing xylitol, such as Mouth Kote or Oasis Moisturizing Mouth Spray
- **Try a mouthwash designed for dry mouth** especially one that contains xylitol, such as Biotene Dry Mouth Oral Rinse or ACT Total Care Dry Mouth Mouthwash, which also offer protection against tooth decay.
- **Avoid over the counter medications** especially antihistamines and decongestants, because they can make your symptoms worse.