

# Health Hints

## Awake Refreshed

(NAPS)—If a good night's sleep seems a distant dream because dry mouth keeps disturbing your slumber, you may be able to wake up to some good news.

The condition, also called xerostomia and increasingly common with age, can be treated. Symptoms include cracked lips, bad breath, tooth decay, and problems swallowing or chewing. Among the factors that can cause dry mouth are certain prescription drugs, mouth breathing while sleeping,



**An adhering disc can help you avoid dry mouth and its sometimes serious complications.**

CPAP (continuous positive airway pressure) machines for sleep apnea, autoimmune diseases such as Sjögren's syndrome, and head or neck radiation therapy. Dry mouth caused by low saliva is uncomfortable and can not only disrupt sleep, it can reduce your quality of life all day long.

Management of dry mouth can include products to lubricate the mouth and protect the teeth. But many cannot be used while sleeping and won't last through the night.

Fortunately, one new treatment advancement, XyliMelts® for Dry Mouth, uses oral adhering discs to slowly release xylitol and oral lubricant into saliva while you sleep, the time when dry mouth is worst and saliva is lowest, to moisturize and coat the mouth, stimulate saliva and reduce tooth decay. Oral adhering disc technology enables XyliMelts to stick to gums or teeth for all-night relief. It's available at CVS and Rite Aid pharmacies or by calling (877) 672-6541. Further facts are at [www.XyliMelts.com](http://www.XyliMelts.com).