



Dry Mouth Can Be Managed

(NAPSA)—Did you know that the human mouth produces an average of two to four pints of saliva each day? Yet from time to time, anyone can feel as if his or her mouth is completely dry. You probably know the feeling—that parched, sticky, cotton-mouth sensation you may get when you're nervous or after you speak for a long time.

For millions of people, however, this feeling occurs every day as a result of a condition called dry mouth, or Xerostomia. Reports indicate that approximately one in four adults suffer from dry mouth and that figure increases to 40 percent in populations over the age of 55.

"Imagine having problems with persistent bad breath, speaking, swallowing and even tasting your food," said Harold Crossley, DDS, Ph.D., who suffers from dry mouth. "Some chronic sufferers may have a raw feeling that's similar to what you might experience after you burn the roof of your mouth with hot foods."

Beyond physical discomfort, the condition can affect the quality of life. Chronic sufferers worry about treating their symptoms to avoid awkward moments in social situations and may even have problems tasting their food.

The most common cause of dry mouth is medication use. More than 400 common medicines can cause dry mouth. The condition can be a side effect of cancer treatments and diseases such as diabetes, Alzheimer's, Sjögren's syndrome, hypertension, Parkinson's disease and stroke.

"Saliva plays a significant role in oral hygiene by helping the mouth fight infection, protecting teeth from decay, and aiding in

Tips for Managing Dry Mouth:

- Use mouthwash or mouth spray that provides lasting moisturization
- Avoid drafts from fans, air-conditioning units and radiators
- Use a humidifier at night
- Avoid alcoholic and caffeinated beverages
- Visit a dental professional regularly



food and speech-related functions," said Dr. Crossley. "Many people may not be aware that there are effective ways to manage their dry mouth symptoms."

Until recently, those with dry mouth had to sip water or suck on candy in hopes of finding relief. They can now use a new over-the-counter treatment: Oasis® Moisturizing Mouthwash and Mouth Spray, from the makers of Sensodyne®. It uses patent-pending Tri-Hydra™ Technology to coat and moisturize the mouth, lock in moisture and protect the mouth for up to two hours.

"With Oasis, sufferers can avoid the inconvenience of carrying around packages of candy or bulky bottles of water to manage their dry mouth," said Dr. Crossley. "Oasis was developed specifically to help chronic sufferers but can also be helpful for those who experience dry mouth when they're nervous or those who often speak for a long time."

Dry mouth sufferers interested in trying Oasis can call (800) DRY-MOUTH for a free sample and brochure. For more information, visit www.oasisdrymouth.com.