and helpful tips



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AWAKE REFRESHED

If a good night's sleep seems a distant dream because of dry mouth, you may be able to wake up to good news. The condition, called xerostomia (zee-row-STOW-me-ah) and increasingly common with age, can be treated. Symptoms include bad breath, tooth decay and problems swallowing. Now, melt-in-your-mouth discs can slow release xylitol and oral lubricant while you sleep. Oral adhering disc technology lets these Xyli-Melts (ZY-la-melts) discs stick to gums or teeth for all-night relief. They're available at C-V-S and Rite Aid pharmacies. Learn more at X-y-l-i--Melts--dot--com or call 8-7-7--6-7-2--6-5-4-1.