



**Dry mouth—
more than just
uncomfortable**



Dry mouth, a common condition, affects about one in every four to five adults and can be detrimental to your oral health if left untreated. Let's take a look at the causes, effects, and what you can do to help relieve dry mouth.



What is dry mouth and what causes it?

Dry mouth, also known as xerostomia, results from the inadequate flow of saliva. It is a common side effect of many prescription drugs but it can also be a sign of a separate, more serious, medical condition. Be sure to talk to your dentist or physician about any concerns you have.

What are the effects of dry mouth?

Over time, dry mouth can have many negative effects including increased tooth decay, difficulty swallowing, irritation of the tongue, and gum disease.

Who is at risk for dry mouth?

Dry mouth affects men and women of all ages. It is more common in women and the elderly. Certain conditions and habits may increase the risk of dry mouth—including diabetes, smoking, and taking prescription or over-the-counter medication.

Dry mouth and sugarfree gum

Dry mouth has many causes and so there are a variety of treatments—but the goal is almost always to increase salivary flow. One simple way to help relieve dryness is to chew sugarfree gum. Chewing sugarfree gum causes your mouth to increase the production of saliva by **10 times the normal rate**. Additionally, research shows that chewing sugarfree gum for 20 minutes after eating or drinking can help reduce tooth decay by up to 40%, which, along with regular dental visits, can promote a healthier and happier mouth. So, whether your mouth is feeling dry or you've just had something to eat or drink, consider reaching for a piece of sugarfree gum, **like Orbit®**. Your mouth will thank you.

For more information about dry mouth, please visit www.drymouth.info

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