ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Dry Mouth: More Than Just Uncomfortable

Dry mouth is common as we get older, especially because of medicines, but it is not a normal part of aging.

Is your mouth too dry?

You may notice:

- A dry or sticky feeling
- A dry, rough or sore tongue
- Cracked lips
- Trouble chewing, swallowing, tasting or speaking
- Needing water often, especially when eating

Why does it matter?

Saliva helps wash away food and protect your teeth. Too little saliva can increase your risk of:

- Cavities
- Gum problems
- Mouth sores or infections
- Trouble eating and swallowing

What can you do?

- Sip water throughout the day.
- Chew sugar-free gum or use sugar-free lozenges.
- Brush twice a day with fluoride toothpaste.
- Choose an alcohol-free mouthwash if you use one.
- Limit caffeine and alcohol.
- Avoid tobacco.
- Ask your dental team about extra fluoride or products made for dry mouth.



Taking medicines?

Many medicines can cause dry mouth. Don't stop taking a medicine on your own. Talk with your doctor, pharmacist or dental team about your dry mouth and what may help.

More Healthy Aging Tips & Tricks:

- Aging and Your Mouth: What's Normal and What's Not
- Your Smile Can Last a Lifetime
- Dentures: A Healthy Mouth Still Matters