

DRY MOUTH WHAT THE?

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**A dry mouth
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SALIVA

Saliva helps you to chew, taste and digest food. It also helps to protect your teeth from tooth decay and gum disease.

WHAT CAN CAUSE DRY MOUTH?

> smoking	> caffeinated drinks such as coffee, soft drinks and energy drinks	> drinking alcohol
> breathing through your mouth	> stress and depression	> some medications and illegal drugs

WHAT CAN YOU DO?

- > Drink plenty of tap water.
- > Limit caffeinated drinks (coffee, some soft drinks, energy drinks).
- > Chew sugar-free gum to help increase saliva flow.
- > Follow the advice of your oral health professional.
- > Ask your doctor if your medication causes dry mouth.



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