

# Did You Know?

## Over 500 Medications May Give You

# DRY MOUTH

Here are things you should know and what you can do.



If you take more than one medication you are even more likely to develop dry mouth.<sup>1</sup>



It can make you thirsty at night, give you bad breath, cracked lips, sticky mouth and other embarrassing symptoms.<sup>1</sup>



Dry mouth can cause cavities, weakened enamel and other dental health issues.<sup>1,2</sup>



To help manage your symptoms, try drinking water or sugarless drinks throughout the day.<sup>3</sup> You can also use products specifically made for dry mouth, such as mouthwash, moisturizing gum and lozenges.

**Find dry mouth products in the oral care aisle.  
To learn more, ask your pharmacist or scan here.**

SCAN FOR  
MORE INFO



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1. American Dental Association (2019, Jul). [www.ada.org/en/member-center/oral-health-topics/xerostomia](http://www.ada.org/en/member-center/oral-health-topics/xerostomia). 2. Sjogren K, Birkhed D, Rangmar S, Reinhold AC. (1996). Fluoride in the interdental area after two different post-brushing water rinsing procedures. *Caries Res.* 30:194-199. 3. U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research. (2017). Dry mouth (xerostomia). NIH Publication, 17-3174. [https://www.nidcr.nih.gov/sites/default/files/2020-11/Dry-Mouth-Q%26A\\_0.pdf](https://www.nidcr.nih.gov/sites/default/files/2020-11/Dry-Mouth-Q%26A_0.pdf)