

WHAT CAN A PROSTHODONTIST DO?

Prosthodontists are committed to helping you overcome the lifetime of risks that chronic dry mouth presents and ensure your crowns, bridges, dentures and implants look and function well.

Your prosthodontist can:

- Work with your physician to manage your chronic dry mouth.
- Provide greater comfort with prescription sprays, mints and gums.
- Prescribe special toothpastes and mouthwashes to reduce risk of tooth decay.
- Recommend dental implants to stabilize dentures decreasing irritation caused by chronic dry mouth.



FIND A PROSTHODONTIST TODAY



Prosthodontists are trained in implant, esthetic and reconstructive dentistry. They also can assist in chronic dry mouth relief and related dentistry needs. For more information, schedule an appointment with a prosthodontist and/or visit the American College of Prosthodontists at www.prosthodontics.org.

211 E. Chicago Ave.
Suite 1000
Chicago, IL 60611
312.573.1260
800.378.1260
www.prosthodontics.org

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don't ignore dry mouth



RELIEVE YOUR SYMPTOMS

Saliva is key to a healthy mouth. Without enough saliva you can develop tooth decay and other more serious conditions.

Simple steps can be taken to diagnose the problem and relieve symptoms.

ACP
AMERICAN COLLEGE OF
PROSTHODONTISTS®

UNDERSTANDING DRY MOUTH

Can't wet your whistle because your mouth feels so dry? Feel like someone put a cotton ball in your mouth? Does your tongue stick to your teeth or the roof of your mouth?

Chronic dry mouth (xerostomia) is caused by lack of saliva for a long period of time. Multiple causes for this condition include: medications, chronic diseases and certain medical treatments. Chronic dry mouth is not only uncomfortable, but it increases your risk for dental decay and makes it difficult for dentures to fit properly.

You don't have to suffer. Understand what the causes are AND what solutions are available as your first steps to relief from chronic dry mouth.



Left: Dry mouth can cause increased dental decay at the gum line.
Right: The decayed tooth may require root canal treatment and a crown and if it is not restorable an extraction may be necessary.

Why care about dry mouth?

Lack of saliva, which contains protective minerals and proteins, can result in tooth decay, especially near the gum line and crown margins, and infect your gums.

What causes dry mouth?

- **Prescriptions** that help depression, asthma, bladder control, blood pressure, Parkinson's disease as well as some over-the-counter medicines to alleviate allergies, colds and coughs.
- **Chronic diseases**, such as diabetes, depression, ectodermal dysplasia, hepatitis C, sarcoidosis and Sjogren's Syndrome.
- **Medical treatments** including bone marrow transplant, radiation treatment for head or neck cancer and removal of salivary glands.



WHAT CAN I DO?

Take steps to alleviate your discomfort.

- Drink additional fluids that do not contain sugar. Water is the best.
- Use sugar-free, hard candy or gum to stimulate saliva flow.
- Visit your prosthodontist or dentist more frequently than every six months to address your increased risk of tooth decay.



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