

## HOW CAN YOUR PROSTHODONTIST HELP?

Your prosthodontist will create a personalized treatment plan to relieve your discomfort and improve your oral health.

He or she 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 the risk of tooth decay.
- Recommend dental implants to stabilize dentures decreasing irritation caused by chronic dry mouth.



Prosthodontists are dentists who have completed three additional years of postgraduate training beyond dental school. In addition to helping patients with dry mouths, they use the latest techniques, including advanced digital technology, to create personalized treatment plans and deliver efficient, long-lasting dental care.

Prosthodontists specialize in restoring beautiful smiles with dentures, dental implants, cosmetic dentistry, crowns, bridges, and more. They are dedicated to improving the oral health of their patients, from appearance to function.

Everything starts with a smile. Doesn't your smile deserve the best care possible?

Visit a prosthodontist today.



Your smile.  
Our specialty.®

compliments of

© 2016 American College of Prosthodontists

# don't ignore dry mouth



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

A prosthodontist can help diagnose the problem and relieve your discomfort.



# UNDERSTANDING DRY MOUTH

Can't 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. Not only is chronic dry mouth uncomfortable, but it increases your risk for dental decay and makes it difficult for dentures to fit properly.

Saliva contains protective minerals and proteins. Lack of saliva can result in tooth decay, especially near the gum line and crown margins, and gum infections.

Your prosthodontist can help identify the causes of your chronic dry mouth and create a plan to find relief.

## 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 Sjögren's Syndrome.
- **Medical treatments** including bone marrow transplant, radiation treatment for head or neck cancer, and removal of salivary glands.

## WHAT CAN I DO?

- 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 more frequently than every six months to address your increased risk of tooth decay.



The progression of decay in patients with dry mouth: (a) early stages (note fillings at gum line) (b) advanced stages with extensive decay (c) final stage with severe decay resulting in broken and extracted teeth.

