



Do you
suffer
from dry
mouth?

biotène[®] for dry mouth



GlaxoSmithKline
Consumer Healthcare

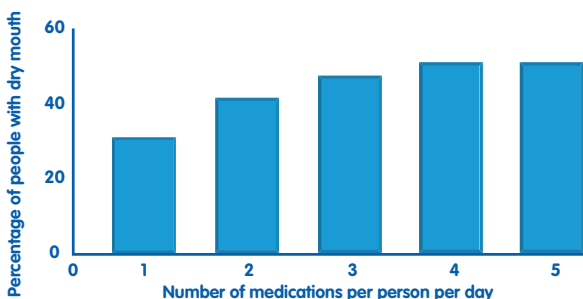
What is dry mouth?

We can all suffer from dry mouth at some point, for example, if we are nervous or stressed. So most of us are familiar with the feeling of not having enough saliva in our mouth to keep it moist and lubricated.

For some people, however, dry mouth can be a regular problem. As we get older we are more likely to experience dry mouth, but it's also a problem that can affect people from their 30s onwards.

What causes dry mouth?

Dry mouth occurs when the salivary glands stop working effectively. Medicines are known to cause many dry mouth cases, with more than 400 different medications linked to dry mouth. The number of medicines you take is also directly related to the likelihood of experiencing dry mouth.



Health conditions are also linked to dry mouth, such as diabetes or Sjögren's syndrome.

What is Sjögren's syndrome?

Sjögren's syndrome is a condition where the body's immune system malfunctions and begins to attack healthy tissue (an autoimmune condition). In Sjögren's syndrome the immune system usually targets the tear and saliva glands, leading to a reduction in the production of saliva and tears. This can lead to symptoms of dry mouth and dry eyes.



What are the symptoms?

The symptoms of dry mouth can include:

- Difficulty in eating, especially with dry foods, such as cereals or crackers
- Difficulty in swallowing and speaking
- A burning sensation in the mouth
- Taste disturbances
- Painful tongue
- Dry, cracked, painful lips
- Bad breath
- Persistent difficulty in wearing dentures
- Feeling thirsty, especially at night
- Dry, rough tongue

Sometimes the amount of saliva you produce may be reduced by up to 50% before these symptoms are noticed.

These symptoms can sometimes have a profound effect on self confidence.

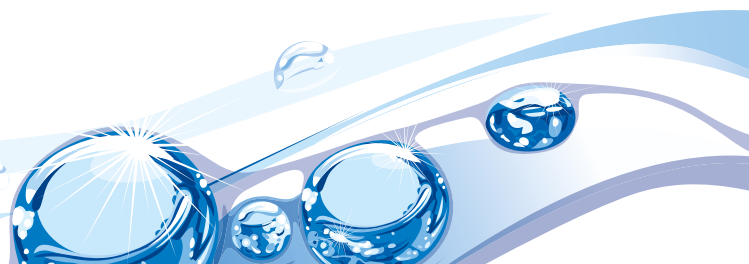
Does dry mouth cause other problems?

Saliva plays a very important protective role in the body. It not only keeps our mouth moist, it also helps to protect our teeth from decay, helps to prevent infections and helps to heal sores in the mouth.

Are you a dry mouth sufferer?

- Do you have difficulty swallowing any foods?
- Does your mouth feel dry when eating a meal?
- Do you need to sip liquids to help you swallow dry foods?
- Are you taking multiple medicines?

If you answered yes to any of these, you may have dry mouth – even if you don't notice specific symptoms.



Products for dry mouth

Most healthcare professionals can give you more information on how to manage dry mouth. The Biotène system is specifically formulated for people with dry mouth.

The different products in the Biotène system allow you to choose the ones that best meet your lifestyle and dry mouth needs.

Products specially formulated for dry mouth:

- Biotène Oralbalance Saliva Replacement Gel – for relief of dry mouth
- Biotène Oralbalance Liquid

To help maintain healthy teeth and prevent tooth decay in people with dry mouth, Biotène also has hygiene products which can be used twice a day in place of your usual products.

Hygiene Products:

- Biotène Fluoride Toothpaste
- Biotène Moisturising Mouthwash

These are designed to be gentle on your mouth as they are alcohol-free and contain mild detergents.



Products specially formulated for dry mouth

Biotène Oralbalance Saliva Replacement Gel
Biotène Oralbalance Liquid



Hygiene Products Everyday use products for dry mouth

Biotène Fluoride Toothpaste
Biotène Moisturising Mouthwash





Biotène supplements the make-up of your normal saliva to replenish dry mouths. It has an enzyme formulation that:

- Helps maintain the oral environment to provide protection against dry mouth
- Helps supplement saliva's natural defences

Biotène's gentle formulation is also free from alcohol and contains mild detergents.

What else can I do for my dry mouth?

- Sip water or sugar-free drinks often
- Avoid drinks which dry out the mouth, such as caffeine-containing drinks (coffee, tea, some fizzy drinks) and alcohol
- Chew sugar-free gums or sweets to stimulate saliva flow
- Use a humidifier at night to keep the air full of moisture

If you think your medication may be the cause of your problem, speak to your healthcare professional as they may be able to change your medication to help you manage your dry mouth symptoms.



To help keep your teeth healthy and avoid tooth decay:

- Brush teeth with a soft toothbrush
- Floss teeth gently every day. If you notice any bleeding from your gums when you are flossing, this could be a sign of gum disease and you should see your dentist for advice
- Use a Sodium Lauryl Sulfate (SLS) free, fluoride toothpaste, like Biotène Dry Mouth toothpaste, with its gentle formulation
- Avoid alcohol-containing mouthwashes as these can dry out the mouth
- Avoid sweet, sugary foods
- Visit your dentist at least twice a year for a check-up.

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