

IMPORTANCE OF SALIVA FOR HEALTHY MOUTH & TEETH



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Many reasons can lead to mouth dryness such as some over-the-counter medications that some patients take such as antihistamine and cold medications. It can also be caused by prescription medicines such as medicines taken for hypertension, neuro problems, neurogenic bladder and Sjogren's syndrome where lymphatic white blood cells attack tear and salivary glands in the body and cause eye and mouth dryness. Other reasons include smoking, drinking coffee, and breathing from the mouth. But mouth dryness remains more common among diabetic and HIV patients.

IMPORTANCE OF SALIVA

Saliva is produced by three main glands in the mouth, called the salivary glands which have a key role in mouth and teeth health.

- 1) Most of saliva content is water
- 2) Saliva contains minerals such as: calcium, phosphor, and fluoride that are necessary for healthy teeth
- 3) Reduce tooth decay and clean tooth surface
- 4) Contain enzymes that help in food digestion, speech, and swallowing
- 5) Prevent infection and gum inflammation



SALIVA INSUFFICIENCY LEADS TO



- 1) Taste and feeling difficulties
- 2) Tooth decay
- 3) Gum inflammation

SYMPTOMS OF DRY MOUTH



- 1) Mouth and lips ulcers
- 2) Heaviness in tongue and itching on palatal
- 3) Difficulties in swallowing food and hoarseness
- 4) Bad breath
- 5) Tooth decay

TREATMENT OF MOUTH DRYNESS



When you feel your mouth is dry, you should:

- 1) Tell your physician about the medication you used so that the dose can be changed or reduced.
- 2) Tell your dentist about medication that you are using and for which disease
- 3) Brush your teeth twice a day. It is also safe to use electric tooth brush.
- 4) Use fluoride mouth wash to reduce tooth decay
- 5) Use other oral health products that dentists prescribe for mouth cleaning
- 6) The Food and Drug Association (FDA) recommends the use of artificial saliva to moisturize the mouth that has no chemical side effects . Artificial saliva can be in the form of mouth wash, spray, gel, and tablets
- 7) Chewing unsweetened gum
- 8) Drink a lot of water and milk to keep mouth moisture and reduce the risk of tooth decay.
- 9) Avoid stimulators such as caffeine, soda, and citrus
- 10) Avoid alcohol and smoking
- 11) Avoid spicy and salty food
- 12) Use air moisturizer during sleeping

