

XEROSTOMIA



What is Xerostomia?

Saliva is a watery, viscous fluid that is produced by the parotid, sublingual, submandibular, and smaller salivary glands. It is composed mostly of water with a composition of antimicrobial agents, electrolytes, immunoglobulins, and proteins, like amylases. It has many important functions: aids in the remineralization of teeth; lubricates the mucous membrane, food, and teeth; aids in the regulation of microflora in the oral cavity; retains alkaline balance in the mouth; and aids in taste perception, water balance control of the body, and functions of primary digestion.

Xerostomia, dry mouth, is caused by the decreased function of salivary glands which decreases saliva quantity or quality in the mouth. Without saliva being produced by the salivary glands, the oral cavity will become compromised. This can create an environment for specific microflora to grow and become more intense, this environment will increase the chances of caries, candidiasis, periodontal disease, and halitosis.



Remedies and Treatment for Xerostomia

- Higher intake of H₂O
- Cessation of smoking
- Rinse with specific mouth washes for dry mouth
- Medication
- Suck on Sugar free Lozenges
- Practice Respiration through the nose
- Prilocaine
- Cevimeline
- Sialomerty test



Signs and Symptoms

Problems wearing dentures

Dry or grooved tongue

A changed sense of taste

Dry or sore throat and hoarseness

Saliva that seems thick and stringy

Bad breath

Dryness or feeling of stickiness in the mouth

Difficulty chewing, speaking, and swallowing

Problems wearing dentures

To Identify Possible Cause, of Xerostomia	The Dental Hygienist To Prevent Complications	To Relieve Discomfort Caused by Xerostomia
Cover Mel/th hll10ty PGti+*t. lPIdudline mttfcicatio*1 and d-ntal hlltoby Thorough h* d or *ld Melt bomfnortdn1 IntroOF Qlrom to ld-ntify Jollvo, How	A11doted with Xerostomia 0.1al colM1 Of the root, c-lykol, or lwhol/cut/pol ttp1 Plaque onumutofOI Gingivitis Prfodontitil neol h1fKUon1 (O-ol Cofududlth) Traumatic and lesions Difficulty in wearing/retaining oral prostheses	Sipping water or sucking on ice chips Chewing gum with xylitol Ule l/p k>Fkonil -void lrrrtontJ Hite oat. l, tobacco, cold coffe,.. Ule Millvory JlmulontLii eum, colldle, and ml"" Uteo, al mohturbfi*1

What is Cevimeline?

The brand name for Cevimeline is Evoxac, this is a medication that is prescribed to individuals that have certain immune diseases such as Sjogren's Syndrome or severe symptoms of dry mouth. Cevime/ine increases the secretions of saliva and sweat glands in the body.

Cevimelines is a cholinergic agonist that attaches to muscarinic receptors. The muscarinic receptors are made G- coupled proteins that are involved with the parasympathetic nervous system. These receptors help aid the sweat glands to produce fluids when needed.



What is Sialomerty Test?

This test measures the amount of saliva in the oral cavity to provide evidence of salivary flow. Individuals that do not have Xerostomia naturally produce 1.5-2.0 milliliters per minute of saliva in the mouth. In Xerostomia express 0.5-0.7 milliliters per minute of saliva in the mouth. This test can measure the flow rate of saliva a stimulation with citric acid.

Conclusion

Xerostomia is the reduction of salivary production in the oral cavity. It can be caused by many different factors: systemic disease, medications, and habitual habits. Xerostomia can be often underdiagnosed and gone unnoticed, this can result in the individual to experience mild to moderate sensitivity of the oral mucosa and rampant caries and decay within the dentition. Xerostomia can happen to any age group and to any gender. However, it is more prevalent in older communities, especially those who take medications that have the side effect that cause, hyposalivation. Treatment for this condition can vary from over-the-counter mouth washes to sugar free gum to using cevimeline. As a dental hygienist, it is important to keep the patients well informed and educated of the signs and symptoms of xerostomia, so that the patient can aid in preventing complications associated with xerostomia. Also, it is very important for the hygienist to identify the causes of xerostomia and to aid in relieving discomfort caused by it.

Xerostomia - Dry Mouth

