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 microffora 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 mlcroffora 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

Bad breath

Dryness or feeling of stickiness

Difficulty chewing, speaking, and

Problems wearing dentures

To Identify the Poulble Cause, of Xerostomla

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f he Dental Hygienist

To Prevent Complications A11odated with Xerostomla 0,"1.ol col'M1 Oft the root.

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To Relieve Discomfort Caused by Xerostomia Sipping water or suckin on ice chip

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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 sever symptoms of dry mouth. Cevime/ine increases the secretions of saliva and sweat glands in the

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 produc

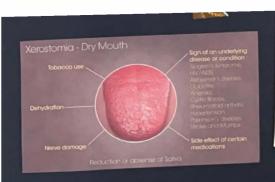




What is Sialomerty Test?

This test measures the amou ty to provide evidence of salivary flownt of saliva in the oral cavi experience Xerostomia naturally Individuals that do not have Xerostomia express 0.5-0.7 mill1.5-2.0 milliliters per dividuals the mouth. This test can measurthat experience iliters per fter stimulation with citric acid. minute of saliva in

Conclusion



Xerostom/a Is the reduction of salivary production In the oraJ cavity It can be caused by many different factors: systemic disease,, mediations, and habitual habits. Xerostomia can be often underdlagnosed and gone unnoticed, this can result in the individual to efficience 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 wash to sugar free gum to using cevimeline. As a dental hygienist, it is importa to keep the patients well informed and educated of the signs and symptoms of xerostomla, so that the patient can aid In preventing complications associated with xerostomla. Also, it is very important for t hygienist to identify the causes of xerostomla and to aid In relleving discomfort caused by it



