

How is Dry Mouth caused?

Saliva is needed to wash away food debris in your mouth that results from normal eating habits and to reduce plaque by neutralizing the acids that plaque produces. It may also be a side effect of some medications. When the amount of saliva produced is insufficient to accomplish these tasks, a condition commonly called dry mouth results.

Dry mouth, known as xerostomia, is very common especially among older adults. Although anyone can be affected by this problem the Oral Cancer Foundation has estimated that 20% of elderly people will suffer from this condition. Dry mouth can also be a cause of gum disease and tooth loss in some adults.