



Dry Mouth

Causes, symptoms
& how to manage
the condition

SALIVIX[®]
Dry Mouth Relief

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What is dry mouth?

Dry mouth (known medically as *xerostomia*) is an abnormal dryness of the mucous membranes in the mouth, due to a reduction of the flow or change in the composition of saliva.¹

Dry Mouth - A common complaint

Xerostomia is prevalent in up to 46% of the population and is increasingly common among the older demographic. This is thought to be related to an increased use of medications that can cause dry mouth amongst older people, rather than being related to age itself.^{1,2}





46%

Xerostomia is
prevalent in up
to 46% of the
population

Why is saliva important?^{3,4,5}

Saliva is critical for preserving and maintaining the health of oral tissues.

Saliva functions:



Antibacterial
activity



Lubrication;
protection of mucosa
and aids chewing and
swallowing of food



pH control



Digestion



Taste



Maintenance of
tooth integrity



Aids pronunciation



Lavage - reduces
plaque build up

Xerostomia - A symptom, not a diagnosis^{1,6}

Radiotherapy

Radiotherapy to the head or neck can damage the salivary glands so that they produce less saliva than they would have done before treatment. Dry mouth is one of the most common complications during and after radiotherapy for head and neck cancer.⁷

Medications

Dry mouth is most commonly caused by the use of medications such as antidepressants, antihypertensives, antiretrovirals, hypoglycemics, levothyroxine, multivitamins/supplements, non-steroidal anti-inflammatory drugs, and steroid inhalers.²⁰

Anxiety

Dry mouth can be experienced during periods of intense anxiety. This can be caused by the body's stress response, mouth breathing, acid reflux and anxiety medication use.^{8,9}

Dehydration

Dry mouth is a common symptom of dehydration; this may be due to not drinking enough, sweating a lot or being ill.¹⁰

Diabetes

Dry mouth is a common symptom in type 1 and type 2 diabetes. Additionally, dry mouth is a side effect of some medications used to treat the condition.⁹

Mouth breathing

Often at night, particularly if snoring occurs.¹² Mouth breathing may be a patient's normal habit or can be due to nasal obstruction (eg nasal congestion or due to patient anatomy).¹³

Sjögren's Syndrome

This is an autoimmune disorder in which the body's immune system attacks glands that secrete fluid including the joints (which can cause arthritis), the salivary glands (which can cause a dry mouth) and the tear glands (which can cause dry eyes).¹⁴

Symptoms^{4,15,22}

The symptoms of dry mouth can be debilitating for patients and have a significant impact on quality of life:



Difficulties in
swallowing,
chewing and taste



Speech
impediment



Rough
tongue



Dry feeling in
throat and mouth



Burning sensation
in the mouth



Bad breath
(halitosis)



Plaque and debris
retention in the mouth



Oral
candidiasis



Cracked lips



Irritated tongue –
dry, red, raw



Difficulty wearing
dentures



Heightened
thirst

Relieving Dry Mouth: Simple Measures

The NHS recommends the following simple measures for the initial management of dry mouth:¹⁰

DO

- ✓ Drink plenty of cold water – take regular sips during the day and keep some water by your bed at night
- ✓ Suck on ice cubes or ice lollies
- ✓ Sip on cold unsweetened drinks
- ✓ Chew sugar-free gum or suck on sugar-free sweets
- ✓ Use lip balm if your lips are also dry
- ✓ Brush your teeth twice a day and use alcohol-free mouthwash – you're more likely to get tooth decay if you have a dry mouth

DON'T

- ✗ Do not drink lots of alcohol, caffeine (such as tea and coffee) or fizzy drinks
- ✗ Do not have foods that are acidic (like lemons), spicy, salty or sugary
- ✗ Do not smoke
- ✗ Do not sleep with dentures in
- ✗ Do not stop taking a prescribed medicine without getting medical advice first – even if you think it might be causing your symptoms

Salivix® & Salivix® Plus

Salivix® (ingredients include malic acid) and Salivix® Plus (ingredients include malic acid and fluoride) are saliva stimulant pastilles, suitable for the relief of dry mouth when saliva secretion is impaired and potentially functioning gland tissue is still present.^{11,16}

Benefits

- Salivix® is the UK's market-leading dry mouth pastille¹⁷
- Salivix® Plus also contains fluoride, which helps prevent tooth decay¹¹
- Tutti-frutti flavoured^{11,16}
- Sugar free
- Lactose free



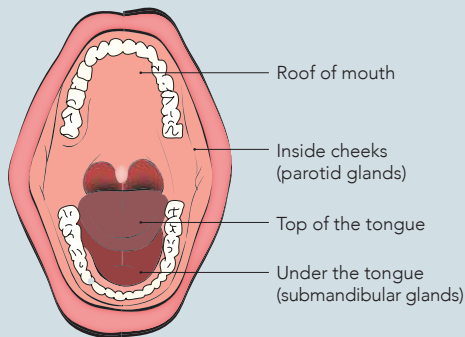
Salivix® Spray

Salivix® Spray (ingredients include malic acid and fluoride) is a saliva stimulant oral spray that relieves the symptoms of dry mouth by stimulating saliva secretion and hydrating the oral cavity.¹⁹

Benefits¹⁹

- Contains fluoride to help prevent tooth decay
- Peppermint flavoured
- Easy to use
- Lactose free
- Vegan

Where to spray*



Where can I get Salivix®?

- Available on prescription in the UK following consultation with a healthcare professional
- Available to buy from your local pharmacy
- Buy online by searching 'Buy Salivix' on Google
- Visit www.salivix.com



Scan me

1. Open the Camera (iPhone) or QR Code reader (Android) on your phone.
2. Point your phone at the QR Code above.
3. If necessary, press the button & you will be directed to the website.





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*This diagram has been adapted from Appendix 1.0: Mouth Care Quick Guide (UKOCiM)

Prescribing Information

Salivix® Pastilles, Salivix® Plus and Salivix® Spray are listed in Part IXA (England & Wales) and Part III (Northern Ireland & Scotland) of the Drug Tariff and may be prescribed.

Name	Item Size	Pack Size	PIP Code
Salivix® Pastilles	50 pastilles	1	010-0420
Salivix® Plus	50 pastilles	1	401-2407
Salivix® Spray	50ml spray	1	408-6781

Adverse Incidents Reporting

Adverse incidents should be reported. Reporting forms and information can be found at: www.mhra.gov.uk/yellowcard.

Adverse incidents should also be reported to Galen Limited on 028 3833 4974, and select the customer services option, or e-mail customer.services@galen-pharma.com.

Medical information enquiries should also be directed to Galen Limited.



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MAT-SALX-UK-000047

Date of Preparation: December 2021



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