

# Dry Mouth Assessment Tool for Dental Patients

**Oral symptoms\*:** Circle

Do you frequently experience a dry mouth? ..... **NO | YES**

Have you noticed symptoms such as sticky saliva, dry tongue, or sores in your mouth? ..... **NO | YES**

Have you noticed a reduction in the amount of saliva in your mouth? ..... **NO | YES**

Do you feel the need to carry a bottle of water with you to keep your mouth moist? ..... **NO | YES**

**Medical history factors\*:**

Are you currently undergoing or have you previously undergone chemotherapy or radiation to the head and/or neck? ..... **NO | YES**

Have you been diagnosed with diabetes? ..... **NO | YES**

Have you been diagnosed with Sjögren's syndrome? ..... **NO | YES**

Are you currently taking any medications such as sedatives, anti-psychotics, anti-depressants, and/or diuretics? ..... **NO | YES**

Are you currently taking anti-histamines (e.g. Claratyne® or Telfast®)? ..... **NO | YES**

Are you taking any prescription medications?\*\*\* ..... **NO | YES**

## For dental professional evaluation

**Patient checked YES to any question**

Patient is displaying symptom(s) that may be indicative of and/or may lead to a dry mouth. Further examination and dialogue recommended.

**Notes/recommendations:** \_\_\_\_\_

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\*This list is not inclusive of all symptoms/medical factors for dry mouth. Other symptoms/factors may be associated with this condition.

\*\*Over 400 prescribed OTC & prescription drug medications can cause dry mouth symptoms. (reference: Dealing with drymouth. J Am dent Assoc 2005;136: 703).

**Questions? Comments?**  
(Free Call) 1800 802 307 (Australia)  
or 1800 441 740 (New Zealand).

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### What is dry mouth?

Dry mouth is the feeling that there is not enough saliva in the mouth. At some point everyone feels the symptoms of dry mouth, but for some this problem can be persistent and painful if not treated properly.

Beyond the uncomfortable feeling in the mouth, there are several implications on your oral health from dry mouth. A lack of saliva can lead to difficulty in chewing and swallowing food. It can also lead to decay, cavities, and infection inside the mouth.<sup>1</sup>

### What causes dry mouth?

There are many different causes of dry mouth, and often a combination of causes can lead to more severe dry mouth symptoms. The most prevalent causes of dry mouth are:

- Prescription medications
- Diseases such as diabetes and Sjögren's syndrome
- Chemotherapy or radiation to head or neck

### Maintaining your oral health with dry mouth

The good news is that with continued maintenance and extra care for your oral health, your dry mouth symptoms can be alleviated.

Follow these easy steps:

- Sip water or sugarless drinks often, especially during meals to assist with chewing, swallowing and digestion
- Avoid spicy, overly salty, or acidic foods that may irritate the mouth
- Don't use tobacco or alcohol as they will intensify the dry feeling in the mouth
- Talk to your dental professional regularly about changes to your dry mouth symptoms
- Take extra steps and maintenance within your oral care routine:
  - Brush at least twice a day with a fluoridated toothpaste
  - Rinse with a fluoride rinse

1. National Institute of Dental and Craniofacial Research, NIH Publication No. 10-3174, February 2010

# Introducing

## Colgate®

# Dry Mouth Relief

Fluoride Mouthwash

It is formulated to provide fluoride protection to help prevent caries, and a tri-polymer system that coats the soft tissue in the mouth.



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