**** **Tips for Dry Mouth**

* Always carry a water bottle with you.
* Take small sips of water while eating dry food and speaking continuously.
* Suck on sugar free gum, candies or lemon slices to stimulate salivation.
* Eat small frequent meals to stimulate flow of saliva.
* Try using artificial saliva available in the form of sprays or gels or Vitamin E oil for relief from mouth dryness after meals, before sleeping, while exercising, undergoing dental work or even talking for extended periods of time.
* Do not smoke or chew Tobacco (*Ghutka*) as this increases dryness and increases risk for other diseases.
* Avoid using mouth washes which contain alcohol.
* Ask your Doctor to ensure that your medication does not cause dryness.
* Avoid being in an air conditioned environment for long periods.

**A Dry Mouth need not be a painful mouth.**

**Please consult your Doctor if your mouth has sores, is painful or you have a burning sensation in the mouth.**

**For more information on Lifestyle management write to:** [**kirtidaoza@gmail.com**](mailto:kirtidaoza@gmail.com)**;** [**purvird@gmail.com**](mailto:purvird@gmail.com)

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*Adapted from Sjögren’s Syndrome Foundation’s Patient Education Sheet*