



Sjögren's India

For Living Well with Sjögren's syndrome

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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:

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