









# Identifying patients at risk of dry mouth (xerostomia)

If left untreated, dry mouth can significantly impact a patient's quality of life, leading to soreness, increased risk of tooth decay and gum disease, difficulties eating and speaking, halitosis, and reduced social interaction.

Patients often under-report symptoms of dry mouth and consequently it is often underdiagnosed.

Here are the main causes to help you identify at-risk patients.

Cause of dry mouth	Patients to consider
 <b>Medications and polypharmacy</b> <ul style="list-style-type: none"> <li>Many medications have xerogenic effects, reducing saliva production<sup>1</sup></li> <li>Common medications with this effect include, antihypertensives, antidepressants, anticoagulants, and NSAIDs<sup>1</sup></li> <li>Risk of dry mouth increases when 3+ medications taken</li> </ul>	<b>Those taking multiple medications, especially older adults</b>
 <b>Ageing</b> <ul style="list-style-type: none"> <li>The UK's ageing population means more medication use and conditions causing dry mouth</li> <li>Dry mouth is prevalent in 30% of people over 65<sup>2</sup></li> </ul>	<b>People aged 65 and older, especially those on multiple medications</b>
 <b>Diabetes</b> <ul style="list-style-type: none"> <li>Dry mouth affects 42% of people with diabetes<sup>3</sup></li> <li>Due to glycaemic control issues, dehydration, and diabetes treatments<sup>3</sup></li> </ul>	<b>Diagnosed or undiagnosed diabetes patients</b>
 <b>Menopause</b> <ul style="list-style-type: none"> <li>Hormonal changes during menopause can lead to reduced saliva production</li> <li>Prevalence is higher in menopausal women, altering the composition and flow of saliva<sup>2</sup></li> </ul>	<b>Women aged 45-55 or those experiencing menopausal symptoms</b>
 <b>Mouth breathing and snoring</b> <ul style="list-style-type: none"> <li>Mouth breathing due to airway issues or sleep apnoea can increase dry mouth risk<sup>4</sup></li> <li>Related to being overweight or obese<sup>4</sup></li> </ul>	<b>Patients with sleep apnoea, snoring issues or obesity</b>
 <b>Head and neck cancer</b> <ul style="list-style-type: none"> <li>Radiotherapy for head and neck cancers can damage salivary glands</li> <li>92% of patients receiving radiotherapy report dry mouth symptoms<sup>5</sup></li> </ul>	<b>Cancer patients undergoing or recovering from treatment or radiotherapy</b>
 <b>Autoimmune disorders</b> <ul style="list-style-type: none"> <li>Conditions like rheumatoid arthritis and Sjögren's Syndrome can cause dry mouth<sup>6</sup></li> <li>Sjögren's Syndrome targets moisture-producing glands<sup>6</sup></li> </ul>	<b>Those with known autoimmune conditions</b>
 <b>Other causes</b> <ul style="list-style-type: none"> <li>Can include Parkinson's disease, Alzheimer's, HIV, alcohol use and smoking<sup>7</sup></li> </ul>	<b>Patients with specific conditions or lifestyle choices</b>

# The No 1 recommended brand for dry mouth relief by healthcare professionals\*



## Oralieve Dry Mouth Relief products:

### Moisturising Mouth Gel and Spray

- Helps supplement the natural protective enzyme system in saliva
- Provides effective and lasting relief from the symptoms of dry mouth
- Formulated with gentle flavours, no alcohol and no SLS

## Oralieve products for daily oral hygiene and comfort:

### Alcohol-Free Mouthrinse

Mild mint flavour that is gentle on dry, painful mouths which does not sting or burn. Helps improve the natural defence of saliva and maintain fluoride levels

### Ultra Mild Toothpaste

An ultra-mild flavour, free from SLS, and contains fluoride to protect teeth without irritating a dry or sensitive mouth

### 360° Tooth and Mouth Brush

Gentle cleaning for teeth, tongue and gums

### Nourishing Lip Care

Developed to help provide natural hydration and intensively moisturises the lips



References: 1. Villa A, et al. Thera Clin Risk Manage. 2015;11:45–51. 2. Jacob L, et al. J Mid-life Health. 2022;13:100–106. 3. Lessa L, et al. Int Arch Med. 2015;8(224):1–13. 4. Pico-Orozco J, et al. Clin Exp Dent. 2020;12(8):e708–e712. 5. Dirix P, et al. Cancer. 2006;107(11):2525–34. 6. Cassolato S, and Turnbull R. Gerodontology. 2003;20(2):64–77. 7. Tanasiewicz M, et al. Adv Clin Exp Med 2016;25(1):199–206.

\*Oralieve HCP Dry Mouth Survey. Conducted in January 2025 with 573 healthcare professionals.

For more information, contact [hello@oralieve.co.uk](mailto:hello@oralieve.co.uk)



To help your patients with dry mouth, order free samples of Oralieve: