

Nutrition and Oral Health

for Older Adults

DRY MOUTH



“Dry Mouth” is a condition caused by low saliva flow (spit) that causes the mouth to feel dry. Saliva keeps the mouth moist and helps to breakdown food so it is easier to swallow. It also acts as a cleaner and helps to prevent cavities. “Dry Mouth” can make wearing dentures uncomfortable and even painful. Medications or a medical condition such as diabetes or dehydration may also cause “Dry Mouth.”



Drinking water everyday is important to oral health and overall health. It cleans the mouth and helps wash away leftover food that may lead to cavities. Brushing two times a day and cleaning between the teeth is still important.

Limit drinks with sugar, caffeine, acid and alcohol. Sipping on sugary drinks for long periods may allow cavity-causing bacteria to attack the teeth. Most sodas, even those without sugar, have acid. Caffeinated and alcohol beverages may lead to “Dry Mouth.”



Talking to your dental team is smart

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