



NUTRITION CORNER



From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

ORAL HEALTH/Dry Mouth

Dry mouth doesn't have to be a part of the aging process. It is crucial that you determine the cause so you can get relief.

Having dry mouth can make it more difficult for you to chew and swallow your food. This alone will make meals unenjoyable and discourage you from eating.

Some of you may have dentures and having dry mouth can make them feel uncomfortable and possibly cause them not to fit properly. The problem with not having fitted dentures is they can rub against the gums and roof of the mouth and cause open sores which again will lead to not eating.

The most common causes of dry mouth:

1. Medicines - most medicines such as those that treat high blood pressure, depression, and bladder control problems potentially can cause dry mouth.
2. Dehydration - as we age, we are more prone to dehydration because we don't drink enough throughout the day.
3. Disease - Diabetes, Sjogren's Syndrome can cause dry mouth

If you feel you are experiencing dry mouth symptoms, reach out to your provider or dentist so they can help pinpoint the issue.

What you can do:

- Add lemon to drinking water to stimulate the salivary glands
- Drink more throughout the day
- Apply lip moisturizer to avoid licking lips

Speak with your Dietitian, she can offer suggestions for increasing your fluid intake.

For information on OFA's Community Café's please call **Gateway Hudson Valley @ 331-2180**

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