

Saliva

This precious body fluid is essential in maintaining the Balance of the Demineralization and Remineralization Process, protects the oral mucosa with lubricants, provides protection from invasive pathogens as well as aids in the breakdown of food – the beginning of digestion.

Xerostomia (dry mouth) creates an imbalance that causes:

- Cavities
- Tooth Erosion
- Sensitive teeth to cold
- Food sticking to teeth
- Gingivitis
- Periodontitis
- Glossitis
- Candida-yeast infections
- Sores in the corners of the mouth
- Bad breath

Intervention and Prevention: (Rx-dentist, OTC-local pharmacy)

- Brush teeth and tongue, use dental floss or interdental brushes 2 times a day
 - Regular dental check-ups-2 times a year
 - Balanced diet
 - Increase water
 - Decrease sugary liquids (drink through a straw and then rinse with water)
 - Use home fluoride treatments to reduce cavities, and sensitivity:
 - Preident (Rx)
 - Act Fluoride Rinse
 - Use Recalcification products:
 - Fluoride Varnishes (dental office treatment)
 - GC America MI Paste (RX from dentist)
 - Products with Recaldent (chewing gum, toothpaste)
 - Use Dry Mouth Products:
 - Biotene by Laclede mouth rinse, spray, oral balance, chewing gum
 - GC America dry mouth gel (Rx from Dentist)
 - Dentiva and Salese (Rx)
 - Xylitol gum and Mints
 - Colgate dry mouth spray
 - Sensodyne Oasis dry mouth rinse
 - Xylimelts (found at Rite Aid)
- Sensitive tooth products:
- Crest Pro-Health
 - Sensodyne toothpaste
 - Fluoride Rinse - Act (OTC)
 - Preident (RX)
 - Gel Kam (RX)