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MUNDTROCKENHEIT

Ein Ratgeber für Betroffene und Angehörige



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Most people have enough saliva in their mouths, but when the amount of saliva gradually or even abruptly decreases for various reasons, there are clearly noticeable restrictions: the oral mucosa and tongue burn; food sticks to the teeth, gums, palate or existing dentures; bad breath becomes stronger; swallowing and speaking become increasingly difficult; and fungal infections often occur in the mouth. The longer this condition lasts and the more pronounced the dry mouth becomes, the more the quality of life of those affected is impaired in everyday life. The aim of this guide is to impart information about everything to do with saliva and the oral cavity: the basics of saliva production, the importance of saliva for oral health, the sometimes considerable problems with the teeth and oral mucosa in the dry mouth, the possible causes of reduced saliva quantity, the procedure in a professional consultation, and the treatment options.

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