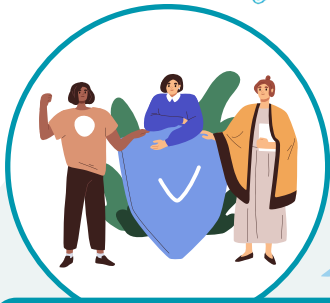


# DRY MOUTH



## Our Mouth's Ministry of Defence

- Saliva is part of our immune system.
- It naturally contains anti-virus, anti-bacterial, and anti-fungal enzymes.
- These enzymes protect you from bad bugs found in food. Without these, you may get sick or diarrhoea easily.



## Our Mouth's Ministry of Health

- Saliva nourishes and repairs your teeth just like how blood nourishes your body.
- It prevents dental decay and gum diseases.
- Saliva also contains special proteins that promote wound healing - think about that mouth ulcer that is gone in a few days and even without leaving any scars!
- Now you know why so many dental products replicate saliva's natural function!



## Our Mouth's Ministry of Transport

- Saliva helps to transport food. After chewing.
- This is transported into our gut along the lubricated lining of the mouth and throat.
- Without saliva, it would be hard to swallow.

**Did you know?** Dry mouth happens when you do not produce enough saliva to keep your mouth wet.



## Our Mouth's Ministry of Social and Family Development

- Saliva supports a healthy environment in our mouth.
- This strengthens our mouth's immunity and prevents bad bugs from growing.
- Using strong antiseptics can sometimes upset the natural function of our saliva!



## Our Mouth at Stake

- Our salivary function is known to be affected by autoimmune conditions like Lupus, or rheumatoid arthritis, where your body's immune system attacks your own tissues and organs.
- Common long-term medications such as antidepressants, muscle relaxants, and diuretics may reduce and acidify saliva.

**That's why we have to protect our saliva to keep a healthy smile!**

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