

Using a lot of diuretics, depression, and insomnia can make your mouth dry

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When you have dry mouth, it means you don't have enough saliva, or spit much, your mouth has less moisture. It can lead to chewing, eating, swallowing, and even talking problems. Moreover, dry mouth can put you at high risk of tooth decay and oral infections.



However, there are many things we do not understand about the connection between oral medications and dry mouth condition in older people.

Recently, a study was carried out by US studies conducting 52 relevant studies to learn more about this issue.

Researchers report that there are a number of drugs related to dry mouth. These include medications used to treat urinary incontinence, depression, insomnia, and anxiety, as well as diuretics used to treat high blood pressure.

In fact, drugs used to treat urinary incontinence can cause mouth dryness 6 times more than placebo. (A placebo may be a "tablet" or "counterfeit" therapy given in studies to compare the effectiveness of an actual treatment compared to a placebo with no therapeutic effect). .

Researchers also claim that health care providers should regularly monitor and review all medications to identify potential side effects and to adjust dosage or change medications when needed. set.

This research is published in the Journal of the American Adult Association.

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