

# XEROSTOMIA

1 in 4 adults suffer from xerostomia



## CHRONIC DISEASES

Many chronic diseases may lead to xerostomia (Dry Mouth)<sup>1</sup>. More than 40% of diabetics have these problems. They can be caused by polyuria, high blood sugar levels or medication. Other medical conditions that may cause xerostomia are heart and vascular diseases, autoimmune diseases like Sjögren's syndrome, SLE and rheumatoid arthritis, prolonged stress and anxiety, Parkinson's disease and stroke.

## MEDICATION

Most cases of xerostomia are the side effect of the use of medication. There are hundreds of prescription and non-prescription drugs associated with xerostomia<sup>2</sup>.

Simultaneous use of 3 or more different types of medication increases the likelihood of developing xerostomia by 40%<sup>3</sup>.

Radiotherapy or surgery in the head and neck region may cause severe disturbance in the saliva production, leading to serious discomfort for those patients.

Clinical studies show that the use of bioXtra significantly improves the symptoms of xerostomia and reduces its impact on the Quality of Life<sup>4,5,6,7</sup>.

### **Xerostomia can cause the following complaints:**

- Problems with chewing, swallowing and talking
- Bad breath
- Cracked mouth corners
- Dry, chapped lips
- Altered taste
- Interrupted sleep due to thirst

## CANCER & SPECIAL NEEDS PATIENTS

Wherever possible, patients should be encouraged and supported to carry out their own oral care. However, when they are unable to do this, maintaining patients' oral hygiene is an essential nursing duty and is considered a fundamental aspect of healthcare<sup>8</sup>.

Aspiration of bacteria in oropharyngeal secretions is an important risk factor for pneumonia in the young and elderly. Poor oral health may also contribute to the development of pneumonia. Raised education and awareness of oral health and its links to pneumonia are imperative in its prevention and treatment<sup>9</sup>.

Oral decontamination represents a prime factor in the management of chemotherapy-induced oral mucositis in children. Children with oral mucositis showed a significantly increased oral hygiene grade when using bioXtra Toothpaste. The use of bioXtra Toothpaste may be recommended in onco-hematologic paediatric patients suffering from oral mucositis<sup>10</sup>.

### **Apart from the discomfort and inconvenience xerostomia will inevitably lead to a series of dental problems, such as:**

- Irritated gums
- Burning feeling of the gums and on the tongue
- Dental plaque accumulation
- Enhanced risk of cavities
- Enhanced risk of dental erosion
- Enhanced risk of inflammation of the gums
- Ill fitting dentures

bioXtra is a range of oral care products which have been specially formulated to help relieve dryness in the oral cavity and regulate the microenvironment of the mouth. They supplement the natural protective and lubricating systems in saliva, which are essential for a healthy, comfortable mouth.

And because xerostomia can cause sensitive, sore gums, for added comfort bioXtra products contain no alcohol, menthol, strong flavors or detergents.



## MOISTURISING AND SOOTHING



### bioXtra Oral Gel

- Contains intensive moisturisers
- Soothes and lubricates for hours at a time
- Eases the symptoms and effects of xerostomia
- Helps promote healthy teeth and comfortable gums

### bioXtra Gel Mouthspray

- Quick and effective moistening
- Soothes and eases oral discomfort
- Helps strengthen enamel and fight against the formation of dental caries
- Promotes fresh breath and comfortable gums

## CLEANING AND PROTECTING



### bioXtra Mild Toothpaste

- Guards against plaque build-up
- Strengthens enamel
- Helps prevent the formation of dental caries
- Helps maintain a healthy mouth
- Promotes fresh breath
- Has a low -foaming effect (no SLS)

### bioXtra Ultra Mild Mouthrinse

- Strengthens enamel
- Helps fight against the formation of dental caries
- Helps ease the symptoms and effects of xerostomia
- Cleanses, refreshes and lubricates
- Alcohol and menthol free

## Reasons to advise bioXtra

- Proven efficacy
- Encourages patient compliance and improves quality of life
- Relieves oral dryness rapidly and durably
- Improves mouth function, comfort and freshness
- Delivers saliva-like feel and action
- Regulates pH and inhibits plaque
- Easy to use and gentle on the mouth
- Does not interact with other medications





## bioXtra comforts & protects dry, sore or sensitive mouths

### REFERENCES

1. Hopcraft, M. and Tan, C. (2010), Xerostomia: an update for clinicians. *Australian Dental Journal*, 55: 238–244.
2. Gordon J. Christensen, Common Prescriptions associated with xerostomia. *Clinician Report*; volume 5, Issue 10: Addendum.
3. Leo Sreebny and Arjan Vissink (2010) Dry mouth: the malevolent symptom: a clinical guide.
4. Shahdad SA, Taylor C, Barclay SC, Steen IN& Preshaw PM (2005), Double-blind, crossover study of Biotène Oralbalance and BioXtra systems as salivary substitutes in patients with postradiotherapy xerostomia. *European Journal of Cancer Care* 14, 319–326.
5. Gookizadeh A, Emami H, Najafzadeh N, Roayaei M (2012). Clinical evaluation of bioXtra in relieving signs and symptoms of dry mouth after head and neck radiotherapy in cancer patients in Seyed-al-Shahad Hospital, Isfahan, Iran. *Adv. Biomed Res* 2012; 1:72.
6. Dirix P, Nuyts S, Vander Poorten V, Delaere P, Van den Bogaert W (2007). Efficacy of the BioXtra dry mouth care system in the treatment of radiotherapy-induced xerostomia. *SUPPORT CARE CANCER*.
7. Bakhshi M, Manifar S, Azizi N, Shabestari SB, Mardi AH, Shirinbak I, Mehdipour A. Efficacy of BioXtra Spray and Mouthwash in Patients with Radiation-induced Xerostomia: A Randomized Clinical Trial. *Int J Experiment Dent Sci* 2014; 3(1): 19-23.
8. How to provide effective oral care - *Nursing Times* 15.02.11 / Vol 107 No 6.
9. Oral health and pneumonia: a case study analysis - *Dental Nursing* January 2014 Vol. No. 10
10. Bardellini E, Amadorim F, Majorana A. Oral hygiene grade and quality of life in children with chemotherapy related oral mucositis: a randomized study on the impact of a fluoride toothpaste with salivary enzymes, essential oils, proteins and colostrum extract versus a fluoride toothpaste without menthol. *Int J Dent Hygiene* 2016 -DOI: 10.1111/idh.1222

Lifestream Pharma n.v., s.a., Rue Jules Bordet, Zone C, B-7180 Senefte, Belgium

See for distributors: [www.bioxtra.info](http://www.bioxtra.info)



0120