Dry mouth: Awareness Among Dentists And Community Members!  
A South Texas Oral Health Network Study

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**Background**

- What is Xerostomia?
  - Xerostomia, refers to lack of saliva production in mouth (partially or completely).
  - Symptoms (ranging from mild to severe)
    - Rough tongue
    - Dry or cracked lips
    - Sore corners of mouth
  - Effects
    - Ability to speak, chew and swallow
    - Higher caries and periodontal diseases
  - Causes
    - Medications
    - Chemotherapy, Radiotherapy
    - Others: dehydration, caffeine, mouth breathing, tobacco.
  - Prevalence
    - Up to 46% affected in the US
    - More common in Women, Caucasians, and the elderly

**Research Method**

- Two focus groups
  1. Dental professionals from STOHN PBRN and Bexar County TAB.
  2. Community members recruited by MNC
- Focus group sessions with brief 10-questions survey
- Session included
  - Participant survey
  - Presentation with an overview

**Results**

- N=52
- Category 1 = Awareness of the prevalence of dry mouth
- Category 2 = Awareness of the etiologies
- Category 3 = Symptom recognition
- Category 4 = Management confidence

**Conclusion**

- Practitioners need to increase knowledge and awareness of dry mouth as it presents in the clinic.
- Communicate with patients to improve outcomes.

**Contact Information**

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**KEY**

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