

Dry Mouth

California Dental Association
MUS RAU PEM SUAB. UA KE.

Xerostomia (zē'rō-stō'mē-ā) yog lo lus siv hauv txoj kev kho mob rau qhov ncauj qhuav qaub ncaug. Qhov ncauj qhuav tsim teeb meem rau txoj kev noj mov thiab kev hais lus uas yuav ua rau pa tsw phem ([ua pa tsw phem](#)). Yog tsis muaj qaub ncaug ua kom lub qhov ncauj ntub, ntxuav tawm cov khoom noj seem, tswj kom cov kua qaub hauv lub qhov ncauj tov sib xws, thiab tsim tshuaj zoo yug cov hniav, yuav muaj [cov kab noj hniav](#) thiab lwm yam kab mob taus sai.

Cov neeg laus yog cov nquag muaj qhov ncauj qhuav vim lawv noj ntau yam tshuaj los kho cov kab mob uas lawv muaj nyob rau hauv lawv lub neej. Cov laus yog cov uas nquag pom cov hauv paus hniav tshwm vim yog ob peb yam xws li, siv luam yeeb, thiab cov tam ntxwv tsis txhuam hniav. Cov hauv paus hniav tshwm vim cov pob txha ncig tus hniav yaig, uas feem ntau yog tim muaj [kab mob pos hniav](#). Cov hauv paus hniav tshwm yuav muaj kab noj sai dua vim lawv tsis muaj ib txheej hniav hniav tshooj plooj tiv thaiv cov hauv paus hniav. Cov hauv paus hniav tshwm thiab lub qhov ncauj qhuav yuav muaj kab noj hniav ntau heev dua.

Cov Teeb Meem Tsim Muaj Qhov Ncauj Qhuav

Tshuaj: Kev siv tshuaj yog qhov teeb meem uas tsim muaj qhov ncauj qhuav heev tshaj plaws; pom muaj tshaj 400 hom tshuaj uas kws kho mob muab thiab cov tshuaj muas hauv khw tsim muaj qhov ncauj qhuav.

Hluav Taws Xob Tua Kab Mob thiab Tshuaj Tua Kab Mob: Cov neeg uas yuav tsum tau xuas hluav taws xob tua kab mob los yog xuas tshuaj tua kab mob qog nqaij hlaw ntauwv lub taub hau thiab lub caj dab yuav muaj qhov ncauj qhuav qaub ncaug. Yuav ua rau cov qog tsim qaub ncaug puas mus li thiab qaub ncaug yuav muaj tsawg thiab/los yog hloov tas li.

Kab mob: Qhov ncauj qhuav yog ib txoj kev qhia hais tias muaj lwm cov kab mob xws li ntshav qab zib los yog (Sjögren's syndrome), yog ib tus kab mob uas cov qe ntshav dawb tua thiab ua cov qog tsim kua muag thiab qaub ncaug puas.

Quav Tshuaj Yeeb: Cov neeg quav tshuaj yeeb yeej muaj qhov ncauj qhuav vim ntau yam tshuaj ua rau qaub ncaug qhuav. Cov neeg quavb tshuaj yeeb yuav muaj kab noj hniav thiab pos hniav lwj heev tshaj thiab yuav muaj "[qhov ncauj siv yeeb dawb](#)."

Cov kev daws teeb meem

Txawm hais tias tsis muaj kev kho tau qhov ncauj qhuav qaub ncaug los nws muaj cov kauj ruam rau koj pab tswj cov qaub ncaug. Haus dej thiab/los yog cov dej tsis muaj piam thaj kom ntau heev. Zom cov xis nkoos tsis muaj piam thaj uas muaj cov tshuaj [xylitol](#) txhuam nrog; cov xis nkoos yuav ua kom muaj qaub ncaug thiab cov tshuaj xylitol pab tiv thaiv cov hniav kom txhob muaj kab noj. Tsis txhob siv luam yeeb, tshuaj caffeine, thiab dej caw. Yog koj siv cov tshuaj yaug qhov ncauj, siv cov kom tsis txhob muaj cawv txuam nrog. Siv cov kua tshuaj nyeem nyeem los pleev koj lub qhov ncauj kom ntub; muaj muag hauv cov kws muag tshuaj. Tham nrog koj tus kws kho mob txog kev hloov koj cov tshuaj mus rau cov uas tsis ua kom qhov ncauj qhuav.

Xaus no, mus ntsib koj tus kws kho hniav CDA tsis tu neua kom tau cov tshuaj flouride thiab lwm cov kev tu koj cov hniav thiab lub qhov ncauj kom noj qab haus huv.



Cov hauv paus hniav raug kab noi



Qhov ncauj qhuav ua rau tus nplaig qhuav

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