癌症治療造成的口腔乾燥

Dry Mouth with Cancer Treatment

Cancer treatments, especially to the head or neck, can reduce saliva. A dry mouth may make food hard to chew and swallow. It may also change the taste of food. Eat healthy meals and drink liquids to help you feel better during treatment.

Try these tips to help a dry mouth:

- Carry a bottle of water with you. Have a sip of water every few minutes.
- Suck on hard candy, popsicles and ice chips.
- Chew gum.
- Keep your lips moist with lip balm.
- Ask your doctor about products to moisten your mouth.
- Eat soft foods and moisten foods with sauces, gravies or salad dressings.
- Do not drink beer, wine, or any type of alcohol. Alcohol can make your mouth even drier.
- Rinse your mouth every 1 to 2 hours with mouthwash made with 2 pinches (¼ teaspoon) baking soda, one pinch (¼ teaspoon) salt, and 1 cup warm water. You can also use a mouthwash that does not contain alcohol. Rinse and spit. Do not swallow. Rinse your mouth with plain water after you are done.

癌症治療,特別是對頭部或頸部的治療, 會減少唾液分泌。

口腔乾燥會導致食物難以咀嚼或吞嚥,同時 也可能會改變食物的味道。治療期間,多吃 健康食物並多喝液體有助於緩解不適。

嘗試下列方法來減輕口腔乾燥:

- 隨身攜帶一瓶水。每隔幾分鐘喝一口水。
- 吮食硬糖、冰棒和冰屑。
- 嚼口香糖。
- 使用護唇膏,保持嘴唇溼潤。
- 諮詢醫生有關滋潤口腔的適用產品。
- 食用軟性食物,並用醬汁、肉汁或沙拉醬 溼潤食物。
- 請勿飲用啤酒、紅酒或任何含有酒精的飲料。酒精會使口腔更加乾燥。
- 使用由 2 小撮(四分之一茶匙)蘇打 粉、一小撮(八分之一茶匙)鹽和一小杯 溫水製成的漱口水,每 1、2 小時漱口 一次。您也可以用不含酒精的漱口水。漱 口後吐出。不要吞入。漱完後再用清水漱 口。

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have. 如有任何飲食相關問題,請諮詢您的醫生、 護士和營養師。

 $[\]ensuremath{\mathbb{C}}$ 2005 - November 30, 2016, Health Information Translations.

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.