

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.
- Eat hard candy, popsicles and soft food.
- Chew gum.
- Keep your lips moist with lip balm.
- Ask your doctor about products to moisten your mouth.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

癌症治疗造成的口腔干燥

癌症治疗，尤其是对头部或颈部的治疗，会减少唾液。口腔干燥会造成咀嚼食物和吞咽困难。对食物的味觉也可能会改变。在治疗期间食用健康餐食并多喝液体，将会使您感到舒服一些。

试用以下方法以减轻口腔干燥：

- 随身带一瓶水。每几分钟喝一点。
- 吃硬糖、冰棍和软食物。
- 嚼口香糖。
- 用唇膏保持口唇湿润。
- 向您的医生询问有何产品可以湿润口腔。

若有任何进食方面的问题，请告知您的医生、护士或营养师。

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Dry Mouth. Simplified Chinese.