

# HEALTH UPDATE

## Dry Mouth Affects Millions And Can Damage Teeth

(NAPSA)—Dry mouth affects approximately 30 percent of all adults in the United States. Chronic dry mouth can cause significant oral health issues and damage teeth. Now, however, there's a delicious, sugar-free chocolate chew that can help people with dry mouth maintain their healthy pearly whites.

Dry mouth, or xerostomia, is a common side effect of over 500 medications, including drugs for high blood pressure, pain, anxiety, depression and allergies. It can be caused by many health conditions, including Sjögren's syndrome, diabetes, rheumatoid arthritis, and lupus. Certain cancer treatments including radiation to the head and neck can also cause permanent and temporary dry mouth.

### Oral Care Breakthrough

Saliva provides numerous benefits for maintaining a healthy mouth. Reduced saliva flow can wreak havoc on the teeth. Scientists at Stony Brook University School of Dental Medicine unlocked the secret of saliva's tooth-supporting properties. They discovered key nutrients in the mouth—arginine bicarbonate and calcium carbonate—that help maintain enamel.

Certain bacteria in dental plaque are able to convert sugars from the diet to acid, which is bad for teeth. After decades of researching the microorganisms in the mouth, Dr. Israel Kleinberg, DDS, PhD, DSc, Distinguished Professor in the Department of Oral Biology and Pathology at Stony Brook, discovered beneficial bacteria that also live in dental plaque. These "good"



**Here's mouthwatering news: tasty, sugar-free chocolate chews especially recommended for people who suffer from dry mouth.**

bacteria are able to naturally produce buffers that can neutralize the acids from the harmful bacteria. This helps keep the teeth in a normal pH (acid/base) range. "Our technology has led to a new paradigm in oral care and is especially critical for individuals with dry mouth," says Dr. Kleinberg.

These protective nutrients are now in a soft chew called BasicBites. Arginine, a common amino acid, nourishes the beneficial pH-raising bacteria. The calcium bathes and supports the teeth while bicarbonate provides additional buffering—a coordinated process that fuels the mouth's natural defenses.

Just two chews a day can help dry mouth sufferers maintain their enamel health. Recommended by leading dental professionals, BasicBites contain 20 calories each and are available exclusively online at [www.basicbites.com](http://www.basicbites.com), where you can also find more information.