

# 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. Eating healthy meals and drinking liquids will 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.**

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# がん治療に伴う口の乾燥

がん治療、特に頭部や頸部のがんを治療する場合は、唾液の分泌量が減少することがあります。そのために口が乾燥すると、食べ物をかんだり飲み込むのが難しくなります。また、味覚が変わることもあります。治療中は健康的な食事と水分を取ることが症状の改善に役立ちます。

口の乾燥を改善するには以下の習慣を心がけてください。

- 水の入ったボトルを携帯し、数分ごとに水を少量ずつ飲みましょう。
- 飴玉やポップシクル、柔らかい食品を食べましょう。
- ガムをかみましょう。
- リップクリームで唇の乾燥を防ぎましょう。
- 口の中を潤すための製品については、貴方の医師にご相談ください。

食事の摂取に問題があるときは、貴方の医師または看護師、栄養士にご相談ください。

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