

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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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困难并难以下咽。也可能会改变对食物的味觉。在治疗期间吃健康餐并多喝液体将会使你感到舒服一些。

试试以下提示以减轻口腔干燥：

- 随身带一瓶水。每几分钟喝一点水。
- 吃硬糖果、冰棍和软食物。
- 嚼口香粮。
- 用唇膏保持口唇湿润。
- 向你的医生询问有何湿润口腔的产品。

若有任何进食方面的问题，请告知你的医生、护士或营养师。

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