

癌症治疗造成的口腔干燥

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 ($\frac{1}{4}$ teaspoon) baking soda, one pinch ($\frac{1}{8}$ 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。
- 吮食硬糖、冰棍和冰屑。
- 嚼口香糖。
- 用唇膏保持嘴唇湿润。
- 向您的医生询问有何产品可以湿润口腔。
- 吃软食物，并用调味汁、肉汁或色拉酱搭配食物。
- 请勿饮用啤酒、葡萄酒或任何酒精类饮品。因为酒精会使您的口腔更加干燥。
- 使用 2 小撮 ($\frac{1}{4}$ 茶匙) 小苏打、1 小撮 ($\frac{1}{8}$ 茶匙) 盐和 1 杯温水制成的漱口水，每 1 至 2 小时漱口一次。您还可使用不含酒精的漱口水。漱口后吐出。不要吞咽。完成后用清水再次漱口。

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

若有任何进食方面的问题，请告知您的医生、护士或营养师。