

癌症治療造成的口腔乾燥

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.

癌症治療，特別是對頭部或頸部的治療，會減少唾液分泌。

口腔乾燥會導致食物難以咀嚼或吞嚥，同時也可能會改變食物的味道。治療期間，多吃健康食物並多喝液體有助於緩解不適。

嘗試下列方法來減輕口腔乾燥：

- 隨身攜帶一瓶水。每隔幾分鐘喝一口水。
- 吮食硬糖、冰棒和冰屑。
- 嚼口香糖。
- 使用護唇膏，保持嘴唇溼潤。
- 諮詢醫生有關滋潤口腔的適用產品。
- 食用軟性食物，並用醬汁、肉汁或沙拉醬溼潤食物。
- 請勿飲用啤酒、紅酒或任何含有酒精的飲料。酒精會使口腔更加乾燥。
- 使用由 2 小撮（四分之一茶匙）蘇打粉、一小撮（八分之一茶匙）鹽和一小杯溫水製成的漱口水，每 1、2 小時漱口一次。您也可以使用不含酒精的漱口水。漱口後吐出。不要吞入。漱完後再用清水漱口。

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

如有任何飲食相關問題，請諮詢您的醫生、護士和營養師。