

# 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.**