

# SALIVA AND PARKINSON'S DISEASE



Many people with Parkinson's disease (PD) have problems controlling their saliva, which can lead to drooling. When you have PD, you don't swallow as much as you used to. Because you swallow less, the saliva builds up in your mouth and instead of swallowing it, it overflows out of the corner of your mouth. This could happen when you are concentrating on something else. People with PD don't produce more saliva than other people, they just don't swallow it as much as needed. Drooling might be embarrassing but there are tips to help you swallow your saliva more often.

## WHY IS SALIVA IMPORTANT?

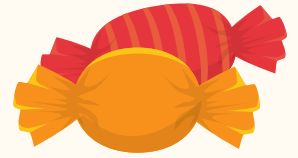


- Too much saliva in your mouth might cause you to choke on food and liquids
- It can be embarrassing if you drool in front of other people
- Drooling can lead to cracks and infections around your mouth
- You might drool on your clothes and have to change or wash them regularly
- Knowing that your drool might make you avoid going out or eating in public
- Too little saliva can cause dry mouth
- Take frequent sips of water to help with dry mouth



# TIPS TO HELP YOU SWALLOW SALIVA

- Sit upright with your head up, not stooped forwards
- Keep your chin up and lips closed when you are not speaking or eating
- Remember to actively swallow often in the day
- Swallow before you speak
- Chewing gum or sucking a sweet could help you swallow more often
- Sipping water can help you remember to swallow
- Try using a straw to drink to strengthen lip muscles
- Have a tissue or handkerchief to wipe saliva away
- Avoid food or drink with a lot of sugar
- Regularly try to smile and hold the position for as long as possible
- Visit a speech therapist if you have a lot of difficulty with your saliva and swallowing



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



Created by Natasha Fothergill-Misbah



# MATE NA UGONJWA WA PARKINSON



Watu wengi walio na ugonjwa wa parkinson (PD) wana shida kudhibiti mate, shida hii inaweza kumfanya mgonjwa kutema tema mate. Ukiwa na PD, huwezi kumeza kama kitambo. Kwa sababu humezi kama kitambo, mate kwenye mdomo yanaongezeka na badala ya kuyameza, yanamwagika kutoka pembe za mdomo wako. Jambo hili linaweza kutokea wakati fikira zako ziko mahali pengine. Watu wenye PD hawana mate mengi kuliko watu wengine, ni kumeza hawamezi inavyotakikana. Kumwaga mate kunaweza kukaleta aibu lakini kuna njia za kukusaidia kumeza mate mara mengi zaidi.

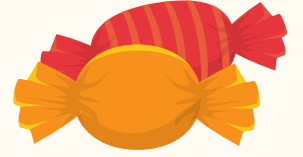
## KWANINI MATE NI MUHIMU?

- Mate mengi mdomoni yanaweza yakafanya unyongwe na chakula au vinywaji
- Kutema tema mate hukuletea aibu mbele ya watu
- Kutema tema mate kunaweza kufanya mdomo wako upasuke na kuleta maambukizi mdomoni
- Unaweza kutema tema mate kwenye nguo zako na lazima ubadilishe nguo zako au uzioshe mara kwa mara
- Kutema tema mate kunaweza kukakufanya ukatae kuenda nje au kukula mbele ya watu
- Mate kidogo sana hukausha mdomo
- Kunywa maji mara kwa mara ili mdomo wako usikauke



# USHAURI KUKUSAIDIA KUMEZA

- Keti vizuri bila kuinama
- Inua kidevu chako bila kufungua mdomo ikiwa huongei au huli
- Kumbuka kumeza mara kwa mara kwa siku
- Kumeza kabla hujaanza kuongea
- Kutafuna au kumumunya peremende kunaweza kukakusaidia kumeza vizuri
- Kukunywa maji kunaweza kukakusaidia kumeza
- Tumia mrija ukinywa kiowevu ili misuli ya midomo yako ipate nguvu
- Tumia tishu au kitambaa cha kupanguzia makamasi kupanguza mate
- Epuka chakula au vinywaji na sukari nyingi
- Jaribu kutabasamu mara kwa mara na ushikilie msimamo huu kwa muda mrefu iwezekanavyo
- Ukilemewa sana, muone daktari au mtaalam wa hotuba



Jiunge na kikundi cha msaada kilicho karibu ili ujifunze zaidi na uonane na watu wengine waliyo na ugonjwa wa parkinson

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Kwa habari zaidi angalia:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

AMA

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



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