

TOP 10 TIPS TO HELP WITH:

SALIVA AND DROOLING



1 SALIVA

Remember that you are not producing too much saliva - it is needed for lubrication and helps with chewing and swallowing food



2 CONFIDENCE

Try not to feel embarrassed by drooling, explain to people why it's happening



3 POSTURE

Make sure you sit upright and your head is not tilted forwards, bending forwards can cause saliva to drool out



4 SWALLOW

Think about swallowing more regularly to help clear the mouth of excess saliva



5 CUES OR PROMPTS

Think of things around the home as prompts, so that when you look at them you take an extra swallow, or set a timer to remind you



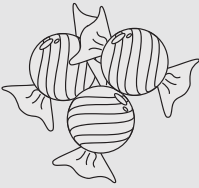
6 LIP SEAL

Think about closing your mouth and lips and concentrate on doing this regularly - saliva may drool out if your mouth is open



7 FACE EXERCISES

Try doing some facial exercises like puffing out your cheeks with your mouth closed



8 SUCK A SWEET

If there is a particular time of day when drooling is worse consider sucking a sweet or chewing gum which will prompt you to swallow more often



9 PINEAPPLE

If your saliva seems thick try eating pineapple or drinking pineapple juice which contains an enzyme to help break up thick secretions



10 MOUTH CREAM

Try and use a cream called 'barrier cream' in the corners of your mouth to stop the area becoming sore

For more information about saliva and drooling visit:

www.africaparkinsons.org

OR

www.facebook.com/parkinsonsafrica

