

NONPHARMACOLOGIC CAUSES OF DRY MOUTH

Cause	Facts to Note
Accidental or surgical trauma	Results from damage to nerves that supply sensation to mouth; intact salivary glands need innervation to function normally.
Autoimmune or chronic disease	Sjögren's syndrome causes xerostomia concomitantly with xerophthalmia. Sarcoidosis, Eaton-Lambert syndrome (myasthenic syndrome), systemic lupus erythematosus, amyloidosis, and HIV (especially in children) may also cause xerostomia.
Bone marrow transplant	Occurs in up to 60% of bone marrow transplant recipients.
Endocrine disorders	Frequently results from poorly controlled diabetes.
Hyposecretory conditions	Primary biliary cirrhosis, atrophic gastritis, and pancreatic insufficiency.
Mental illness	Often associated with stress, anxiety, and/or depression.
Radiation	Radiation at or near (eg, within inches of) salivary glands can damage them temporarily or permanently. Radiation doses of 25 to 30 Gy cause severe, permanent dryness (cancer cells require a cumulative dose of 40 to 70 Gy to be killed). Lower doses usually disrupt salivary flow temporarily by 60% to 70% within 1 week of treatment. Effective treatment has yet to be identified.