

# Living with dry mouth Te noho me te waha maroke



A guide for people with dry mouth



# ANY CANCER, ANY QUESTION 0800 CANCER (226 237) Cancer Information Helpline

Your GP: phone \_\_\_\_\_

Your nurse: phone \_\_\_\_\_

Your local Cancer Society office: phone \_\_\_\_\_

24 hour Emergency: phone 111

Copyright © 2015 Cancer Society of New Zealand Inc,  
PO Box 12700, Wellington 6011.  
Sixth Edition 2015  
ISBN 978-0-9941076-2-6

## Publications statement

Our aim is to provide easy-to-understand and accurate information on cancer and its treatments. Our Living with Cancer information booklets are reviewed and updated by cancer doctors, specialist nurses and other relevant health professionals to ensure the information is reliable, evidence-based and up-to-date. The booklets are also reviewed by consumers to ensure they meet the needs of people with cancer and their carers.

## Other titles from the Cancer Society of New Zealand/Te Kāhui Matepukupuku o Aotearoa

### Booklets

Advanced Cancer/Matepukupuku Maukaha  
Breast Cancer/Te Matepukupuku o ngā Ū  
Cancer Clinical Trials  
Cancer in the Family: Talking to your children  
Chemotherapy/Hahau  
Coping with Cancer: A guide for people with cancer  
Eating Well During Cancer Treatment/Kia Pai te Kai te wā Maimoatanga Matepukupuku  
Emotions and Cancer  
Getting on with life after treatment/Te hoki anō ki tō toioranga whai muri i te maimoatanga  
Radiation Treatment/Haumanu Iraruke  
Sexuality and Cancer/Hōkakatanga me te Matepukupuku  
Talking about grief and loss

### Brochures

Being Active When You Have Cancer  
Questions You May Wish To Ask

## Living with a dry mouth

This booklet will inform and offer suggestions to people who have a dry mouth and those caring for someone with a dry mouth. Dry mouth often means you can no longer eat the food you usually do and this makes choosing food difficult.

The booklet has sections on food choices and preparation tips, many of which have been contributed by people with a dry mouth.

This information is a general guide and it is not intended to replace advice from your doctor, dentist, or registered dietitian. If you have questions about your condition or the quality of your diet, please talk to your doctor, dentist, or registered dietitian.

## Te whaihanga i te waha maroke

I waihangatia tēnei pukapuka hei whakamārama, hei hoatu whakaaro hoki mō ngā tāngata mate waha maroke, mō rātou rānei e tiaki ana i tētahi tangata e mate ana i te waha maroke. Ko te tikanga kua kore e taea e koe te kai ngā kai i kainga e koe ki mua. Ka uua te mahi kōwhiri kai. He wāhanga kōwhiri kai kei roto i te pukapuka nei me ētahi kōrero mō te whakataka kai ā, i tukuna mai te nuinga o ēnei e ngā tangata mate waha maroke.

He aratohu whānui ngā kōrero o te pukapuka nei, ehara i te mea ka whai mana ake i ngā kōrero a tō rata, tō kaitiaki niho, tō mātanga-ō rānei. Mehemea he pātai āu e pā ana ki tō mate, ki te kounga o tō rārangi kai rānei, me whai tohutohu mai i tō rata, tō kaitiaki niho, tō mātanga-ō rānei.

## Contents

What is dry mouth? .....	3
Why is saliva important? .....	4
Symptoms of a dry mouth .....	4
What causes a dry mouth? .....	6
Ways to treat symptoms of a dry mouth .....	8
Tips on living with a dry mouth .....	10
Mucositis/Stomatitis .....	12
Tips for living with a sore mouth .....	12
Comments and suggestions from people living with a dry mouth ...	14
Tips for keeping teeth healthy .....	16
What's out there for me to use? .....	18
Eating or dining out tips .....	20
Foods you may need to avoid .....	24
Food preparation tips .....	25
Sample menu .....	28
Meal ideas .....	31
Suggested websites and organisations .....	34
Notes .....	35
Feedback .....	41

## What is dry mouth?

When your body makes too little saliva (spit) to wet the inside of your mouth or the amount of water in the saliva is less than normal you will have a dry mouth.

A dry mouth can cause problems with speech, taste, chewing, and swallowing. Having less saliva can cause dental decay and infections in your mouth. The medical name for dry mouth is Xerostomia (zeer-oh-stoh-mee-ah).

## He aha te waha maroke?

- Ka puta i te wā kāore e taea e tō tinana ki te waihanga hūare hei whakamākūkū i tō waha.
- Ka puta pea he raruraru mō te kōrero, mō te whakamātau kai, te ngaungau me te horomi - nā runga i te waha maroke.
- Ka kaha ake te mōrea mō te pirau o ō niho me te puta o ngā tahumaero ki roto i tō waha.
- Ko te ingoa rongoa mō te waha maroke ko te Xerostomia.

## Why is saliva important?

Saliva wets your mouth and lips.

Saliva:

- makes it easier to chew and swallow
- protects your mouth from bacterial and fungal infections
- keeps your teeth strong and protect them from decay.

## Symptoms of a dry mouth

These may include some of the following:

- having problems chewing, swallowing, or speaking
- sticky dryness in the mouth
- thick and stringy saliva
- cracked lips or corners of the mouth (cheilitis)
- dry, rough tongue
- burning tongue sensation
- mouth or tongue sores or mouth ulcers (mucositis/stomatitis)
- difficulty or pain in wearing dentures
- taste changes
- bad breath (gingivitis).

## Ngā tohumate o te waha maroke

Tērā pea ka pā ētahi o ēnei e whai ake:

- uaua te ngaungau, te horomi me te kōrero nā te kore hūare, nā te rerekē rānei o te mātatoru hūare
- ka tāpiapia, ka maroke te waha
- ka mātatoru, ka pakaua te hūare
- kua pātotoi ngā ngutu me ngā kokonga o te waha
- kua maroke, kua mātoetoe te arero
- ka wera te arero
- ka puta he kea, he keha rānei ki te waha me te arero
- he uaua, he mamae te mau niho more
- ka rerekē te rongō kai
- uaua te kōrero pai
- hā kino.

## What causes a dry mouth?

### *Illness*

Some auto-immune conditions, such as Sjögren's syndrome,\* cause the body to attack itself, destroying glands such as the salivary glands.

### *Radiation treatment*

People who have head and neck radiation treatment are more likely to get a dry mouth because the salivary glands can be damaged by radiation.

### *Chemotherapy*

Chemotherapy drugs can cause thick saliva, making the mouth feel dry. Chemotherapy can also cause mouth infections.

### *Medication*

A dry mouth is a side effect of many medications. Anti-depressant medications and mood stabilising medications can often cause salivary glands to make less saliva. A dry mouth is also a side effect of medications used to treat chronic pain, allergies, and high blood pressure.

\* Sjögren's (show - grins) syndrome is a condition in which the body's immune system attacks its own exocrine glands (glands in the body that produce moisture, e.g. sweat, saliva, etc.).



*"Sipping water (sometimes milk), sucking mints, gum, or just sucking something works for me."*

## Ways to treat symptoms of a dry mouth

- Check with your doctor whether your medication is causing your dry mouth. There may be another medication that does not cause this side effect.
- Chewing on sugar-free gum will help to make saliva.
- Some people become very tired of peppermint flavoured toothpaste, mouthwashes and gums so you might want to change your flavour choices to stop this happening.
- Sipping water can help keep your mouth moist (water does not work as well as saliva).
- Artificial saliva spray may help some people.
- Avoid alcohol-based mouthwash.
- Stop all tobacco use.

Some people who have a dry mouth may also have a sore mouth.

*“Use salt, baking soda and water to gargle and rinse your mouth.”*

*“Hold water or ice in your mouth.”*

*“A mixture of equal quantities of salt and baking soda 1/2 tsp in glass of warm water - is useful to promote a healthy mouth.”*

*“Ask your doctor about thrush lozenges.”*

*“Put gel on with cotton buds.”*

*“Avoid foods that will aggravate the situation.”*

## Ngā huarahi hei tiaki i ngā tohumate o te waha maroke

- Uiuitia tō rata mō ō rongoā me tō waha maroke.
- Tērā pea he rongoā pai ake me te kore whai pānga weriweri.
- Mā te kai piangaungau korehuka hei āwhina kia rere te hūare mehemea kei te mahi tonu ō repe.
- Ka āhua piki te kino o te peppermint ki ētahi a, ka whai pānga ki ētahi o ngā momo paniaku, horoi waha, me ngā piangaungau korehuka ka kōwhiria e koe.
- Mā te inuini wai e āwhina kia noho māku tō waha.
- Tērā pea ka āwhina ngā rehu hūare.

Tērā pea ka mamae te waha o ētahi tangata mate ana i te waha maroke.

*“Whakamahia te tote me te wai hei horoi i tō waha.”*

*“Pupuritia he wai, he hukapapa rānei i roto i tō waha.”*

*“He mea pai tonu tētahi raranu tīpune tote me te tīpune pēkena houra - ki roto i te karaehe wai mahana 1/2 hei āwhina i te ora o te waha”*

*“Uiuitia tō rata mō te āhua o ngā thrush lozenges.”*

*“Pania te pia mā ngā miroao.”*

*“Karohia ngā kai whakapōrearea i a koe.”*

## Tips on living with a dry mouth

- Carry a bottle to sip water or sugar-free drinks, such as sugar-free water or weak iced tea, often. Most prepared drinks that you buy, for example, juices and energy drinks are very acidic, and can damage your teeth. They should be avoided if possible.
- Sip fluids before and during your meals.
- Drink blue top milk or cream before eating can help.
- Chew sugar-free gum or suck on sugar-free sweets to make saliva.
- Alcohol and smoking can make a dry mouth worse.
- Limit the amount of drinks with caffeine in them if possible.
- Artificial saliva gel may help.
- Use a spray bottle with cooking oil at night. It may help to relieve your mouth.
- Have a bottle or a glass of water by your bed at night.
- Use a humidifier at night.

## Ētahi āwhina mō te noho me te waha maroke

- Kawea he pātara hei inu wai, hei inu waireka korehuka rānei pēnei i te wai whai paku rēmana i roto, te tī ngoikore, tī hukapapa hoki, kia kaha tonu te inu.  
He tino kaha te matū o te nuinga o ngā inu hoko, ngā tarawai, ngā inu pūngao, arā atu, arā atu ā, ka tūkinotia ō niho. Me karo ēnei mēnā ka taea.
- Me inu inu kūtore i ngā wā kai.
- Me ngaungau i te piangaungau korehuka, me ngote rānei i ngā rare korehuka hei whakaongaonga huare (he kino pea ēnei mō ngā niho).
- Ka kaha ake te mate o te waha maroke i te mahi inu waipiro me te kai paipa, nā reira me karo ēnei.
- Kia iti ake te inu i ngā inu e mau ana i te caffeine i roto, kei kaha ake te mate waha maroke.
- Me panipani he pia huare tāwhaiwhai, he hinu huarākau rānei i ngā pō hei āwhina i te mamae.
- Pupuritia he pātara, he karaehe wai rānei i te taha o tō moenga kia kore koe e pōrearea ki te haere i te pō.
- Whakamahia he pū tango haumākū i ngā wā o te pō.

*“Will spittle return to the mouth?”*

## Mucositis/Stomatitis

Mucositis/Stomatitis is the swelling, irritation, and ulceration of the mucous lining of the mouth.

Ko te Mucositis/Stomatitis, ko te pupuhitanga, ko te māngeongo me te kea o ngā huare kakaru o te waha.

## Tips for living with a sore mouth

- Eat soft foods that are easy to chew and swallow.
- Avoid foods that make your mouth sore (see page 24).
- Eat foods that are cool or at room temperature (very hot or cold foods, may make your mouth feel worse).
- Ice chips can help numb the mouth.
- Use a non-alcohol mouth rinse.
- Avoid smoking and alcohol.

*“E hoki oti te hūare ki te waha?”*

## Anei etahi āwhina mō te noho me te waha maroke

- Kainga ngā kai ngāwari ki te ngaungau, ki te horomi hoki.
- Karohia ngā kai māngeongo mō tō waha (tirohia te whārangi 24).
- Kainga ngā kai āhua makariri, ngā kai ōrite te pāmahana ki te rūma; Ka māngeongo pea tō waha i ngā kai wera, ngā kai tino makariri rānei.
- Tērā pea mā te whakamahi i te ngongo e āwhina, nā te mea, e kore te inu e pā ki tō waha mamae.
- Ka āwhina te maramara hukapapa, te ahiporaka rānei kia noho kēkerewai ai tō waha.
- Me whakamahi ngā horoi waha kore waipiro i roto.
- Me karo te mahi kai paipa me te inu waipiro.



## Comments and suggestions from people living with a dry mouth

### He kōrero, he whakaaro nā ētahi tāngata noho ai me te mate waha maroke

#### Difficulty swallowing

“Drink water.”

“Always have a glass of water on the table when you’re eating.”

“Sip water with each mouthful if you need to.”

“Take small mouthfuls.”

“Eat soft foods.”

“Mash vegetables, cut meat into small pieces.”

#### Cooking tips

“Meat and vegetables should be well-cooked and served with sauces or gravy.”

“Baking needs fillings or icing.”

“If you’re serving cold corn beef, make parsley sauce to moisten the meal.”

“Heat some food on defrost in the microwave. I find it makes them softer.”



“Casseroles are easier to eat than roasts or chops. Thinner sauces are easier to eat. Cooked fruit is easier to eat than fresh. Vegetable soup is an easier way of eating vegetables.”

“Mash hard foods.”

“Lightly boil or poach eggs.”

“Sprinkle oils over anything dry.”

#### Some suggestions for mealtimes

“Gravies and sauces help you swallow food.”

“Try to add liquid to the meals.”

“I always make gravy, sauces, and custards.”

## Tips for keeping teeth healthy

- Limit sugary drinks because they can cause tooth decay.
- If you do have drinks with sugar, have them only during meals.
- Artificial sweeteners, such as aspartame\* and saccharine are okay.
- Tooth mousse can help.
- Chew sugar-free gum or suck sugar-free sweets after meals to help make saliva.
- Gently brush and floss your teeth after meals and before bed. Some people may need to avoid flossing if they are receiving chemotherapy. Check with your oncologist.
- Use fluoride toothpaste.
- Visit your dentist every 3-6 months. If you are on a benefit, ask if you are eligible for any extra financial assistance.

\* People with the very rare condition of phenylketonuria are unable to break down phenylalanine and so should not use aspartame.

*“I find that I have more food trapped between my teeth after a meal than before I had treatment. Rinsing the mouth is certainly necessary, but I find that the daily flossing of my teeth has become much more important than before. I find it most helpful when cleaning my teeth to rinse my mouth first, floss, rinse again, clean them, and then after my night-time clean I apply tooth mousse.”*

*-Brian*

## He āwhina kia noho hauora ai ngā niho

- Whakaitia te inu i ngā inu whai huka - kei pirau noa iho ngā niho.
- Mehemea ka inu koe i ngā inu whai huka, me inu i te wā kai anake.
- He pai noa iho ngā huka tāwhaiwhai pērā ki te aspartame\*\* me te āwenewene.
- Ngangautia te piangaungau korehuka me ngote rānei ko ngā rare korehuka i muri i te kai hei whakaongaonga i te huare.
- Kaua ngā tangata e mate ana i te mate puiaki nei, te phenylketonuria, e whakamahi i te aspartame, nā te mea kāore rātou e kaha ki te wāwāhi i te phenylalanine.
- Kia ngāwari noa iho te paraihe i ō niho i muri mai i te kai, i mua hoki i tō haerenga ki te moe.
- Whakamahia te paniaku fluoride.
- Haere ki te kite i tō kaitiaki niho ia 3 ki te 6 marama. Mehemea kei runga koe i te penihana, tērā pea ka āhei koe mō ētahi āwhina pūtea tāpiri.

\*\* Ruarua ngā tāngata ka pāngia e te phenylketonuria; inahoki, kāore e taea e rātou te whakamahea i te kaha o te phenylalanine. Nā runga i tērā, me kaua rātou e whakapā ki te aspartame.

## What's out there for me to use?

### Mouth rinse

- Biotène Gentle Mouthwash
- Chlorhexidine 0.2%, 0.1% - various brands
- NeutraFluor 900 Mouth Rinse
- Savacol Alcohol Free.

### Chewing gum

- Biotène Dry Mouth Gum (with xylitol) (available at pharmacies)
- Recaldent chewing gum\*
- Trident Sugar Free Gum
- Wrigley products - sugar free
  1. Wrigley's Extra Sugar Free Gum for kids (with xylitol)
  2. Extra Professional (with xylitol)
- Look out for any gum with xylitol.

### Medications

Pilocarpine, and cevimeline, which is currently not available in New Zealand but is used overseas, can be used to treat dry mouth. However, they do have side effects and are not an answer for everyone. You may wish to ask your doctor/dentist about them at your next appointment.

\* Recaldent chewing gum is available from dentists and it is mainly used to reduce tooth decay and sensitivity rather than treating a dry mouth. You may like to ask your dentist or dental hygienist about this product.

### Sugar-free sweets\*\*

- Any sugar-free sweets that have xylitol or any other artificial sweeteners
- SMINT Mints (with xylitol).

### Moistener/lubricating gel/artificial saliva

- Luborant
- Oral Balance Moisturizing Spray (with xylitol)
- Oral Balance Moisturizing Gel (with xylitol)
- Oralube.

### Toothpaste and topical applications

- Biotène Antibacterial Dry Mouth Toothpaste
- Bicarbonate containing toothpaste
- Chlorhexidine gels
- NeutraFluor 5000 Toothpaste
- Oralbalance Gel
- Other fluoridated toothpaste
- Tooth mousse (these are available from your dentist).

These are just a few examples of what may be available at chemists or shops. Please talk with your dentist if you have any questions about what is suitable for you.

\*\* Caution - sugar-free sweets can be acidic, such as berry and lemon flavours so don't use them too often.



## Eating or dining out tips

You may have to eat more slowly. If you are going out for dinner it may help to eat a little before you go. You may find it easier to both chat and eat if you choose smaller, soft textured meals.

- If eating at a friend's house, it may be helpful to let them know what you can eat.
- If you can, plan ahead and choose a restaurant which has a menu that suits your needs.
- Ask for tap water at your table.
- Cut your food to bite-size pieces: it will make it easier to chew and swallow.
- If possible, rinse your mouth at the end of the meal.

## He āwhina mō ngā wā puta ai ki te kai

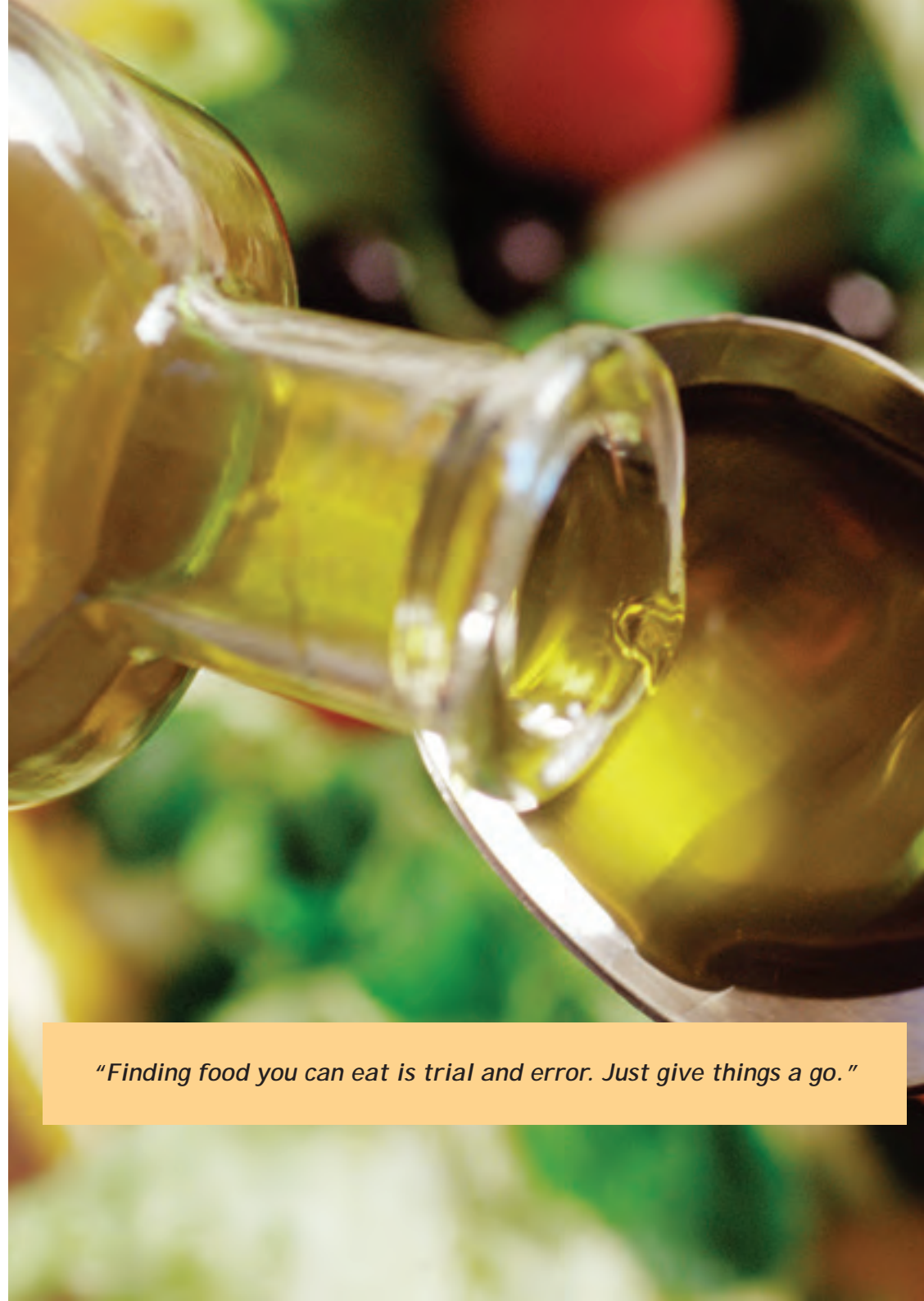
- Ki te kai koe ki te kāinga o tētahi o ō hoa, he pai mehemea ka whakamōhio atu koe mō ngā kai pai ki a koe.
- Ki te mahere whakamua koe, kōwhiria he wharekai pai te hāngai o ngā kai ki ōu hiahia.
- Haria tōu ake pātara wai, me pātai wai rānei i te wharekai.
- Āta tapahia ō kai kia pakupaku, kia māmā ake te kai.
- Mehemea ka taea, he pai te paku horoi i tō waha i muri i te kai.

### Going to a barbeque or a hangi?

- Bring your water bottle because there might not be a good source of water where you are.
- Try to find out whether there will be any sauces, gravies, or dips available or bring your own.
- If you are short for time, call into a supermarket or dairy on the way and buy a can of tomato puree or tomato-based sauce.

### Te puta ki te kai hūhunu, te kai hangi rānei?

- Hydration i te tuatahi! Kaua e wareware tō pātara wai kei kore noa iho he wai i reira.
- Waea atu i mua tō haere ki te pātai mehemea ka wātea he wairanu, he toutou rānei.
- Me hari rānei ko ōu ake whakaranu/wairanu.
- Mehemea kai te tere pau te wā, he tere ake pea te peka atu ki tētahi toa tiki kēne tōmato tātari, tētahi wairanu ā-tōmato rānei.



*"Finding food you can eat is trial and error. Just give things a go."*

## Foods you may need to avoid

Salty, spicy or foods high in acid may damage your mouth and teeth without the protection of saliva. People who have a dry mouth may have problems eating the following:

### Fruit, vegetables, or juices

- lemons and limes
- oranges
- grapefruit
- tangerines
- mandarins
- kiwifruit
- fresh tomatoes.

### Spicy or salty foods

- curry
- paprika
- cayenne
- chilli
- salty chips.

### Dry or coarse foods

- toast
- crackers
- cakes, buns, muffins, or scones.

## Food preparation tips

- Use a stick blender, counter-top blender, or food processor to blend soups, salsa, mince and sauces so they are easier to swallow.
- Make your home-made, canned, or packet soup more nutritious by adding noodles, lentils, macaroni, and/or extra vegetables.
- Add cream, cream cheese, custard, ice cream, margarine, vegetable oil, milk, or cheese to your meals to add extra calories if you need to gain weight.\*
- Pureed meals can be stored in containers and frozen to use later. If the meal is too thick after defrosting add more water or milk.
- Pureed meat often loses its colour and flavour.
  - Try adding tomato paste or puree, soya or Worcestershire sauce, herbs, and mushrooms.
- Pureed vegetables, such as silverbeet and other green vegetables, can look dull and unappealing.
  - Try adding a little mashed potato or add a small amount of instant potato flakes to help improve the appearance and texture.
  - Tasty combinations include swede and carrot, carrot and parsnip, and beans and parsnip.
- If your mouth is very dry, try milkshakes blended with ice blocks and a small amount of vegetable oil. The oil\* helps to coat your mouth.

---

\* Oily foods can also help moisten your mouth. Go easy on the amount if you are overweight.

## He āwhina mō te whakataka kai

- Ka āhei koe ki te whakamahi whakahanumi rākau, whakahanumi paparahua tāwhirowhiro rānei, hei whakahanumi hupa, salsa, miti kōnatunatu, ngā wairanu, ngā kai kua tātaria.
- Ka taea e koe te whakapai ake i te kai tōtika mā te tāpiri kihuparāoa, lentils, tīkohu parāoa me ngā huawhenua.
- Mā te tāpiri kirīmi, tīhi kirīmi, kahitete, aihikirimi, margarine, hinu huarākau, miraka, tīhi rānei ki o kai, tētahi huarahi ki te tāpiri pūngoī mehemea e hiahia ana koe kia taumaha ake.
- Ka āhei koe ki te whakaputu kai kua tātari ki roto i ngā puoto katahi ka whaka haupapatia. Ka taea te whakawera anō mā te ngaruiti mā te waiho rānei ki roto i te pouaka tio rewa ai, katahi ka āta whakawera; he pai noa iho te rau wai anō ki roto.

- I te nuinga o te wā, ka ngaro te tae me te kakara o te mīti penupenu.
  - Ka pai ake pea mā te tāpiri tōmato kukū, tōmato tātari rānei, te whakaranu soya, whakaranu Worcestershire rānei, te amikuka, te hārore rānei.
- Kāore e pai te āhua o te huawhenua tātari pērā ki te korare hiriwa me ērā atu momo korare huawhenua.
  - Ka pai ake pea mā te tāpiri rīwai penupenu, mā te tāpiri paku rīwai whā rānei hei whakapai ake i te āhua me te kakano.
  - Pai tonu te kīnaki i te pōwhata me te kāroti, te kāroti me te uHITEA, te pīni me te uHITEA.
- Mehemea kei te tino kaha maroke tō waha, whakamātauria te mirakaranu kua whakaranu me te ahiporaka me te paku hinu noni hei uhi i tō waha.

## Sample menu

Our sample menu is included as a guide only and should not be used to replace any advice you may have been given by a dietitian.

If your traditional diet includes food different from those listed below, talk to your dietitian.

		Comments
<b>Breakfast</b>	1 cup porridge or ½ cup cereal (soaked with milk) ½ cup of milk* ½ cup of tinned fruits or stewed fruit (e.g. prunes)** 1 glass water 150ml pottle of lite yoghurt	* Use trim milk or calcium enriched milk, especially if you are watching your weight.  ** Watch the amount of sugar used and don't forget to brush your teeth.
<b>Snack</b>	1 banana 1½ glasses water	





<b>Lunch</b>	<p>½ tin of baked beans* or spaghetti</p> <p>¼ cup cheese** on</p> <ul style="list-style-type: none"> <li>- x2 wholemeal toast/bread</li> <li>- or as a toastie pie</li> </ul> <p>½ cup of fruit [e.g. peaches (in fruit juice/light syrup)]</p> <p>2 glasses water</p>	<p>* Baked beans are a good fibre for your meal.</p> <p>** Try using cheeses that are lower in fat, such as Edam or Cottage Cheese.</p>
<b>Snack</b>	<p>1 cup milkshake*</p> <ul style="list-style-type: none"> <li>- milk</li> <li>- ½ banana</li> <li>- handful of berries</li> </ul>	<p>* Try adding some oil. It helps to coat the insides of your mouth. Watch the amount if you are watching your weight.</p>
<b>Dinner</b>	<p><a href="#">Chicken and Tomato Rice</a></p> <p>1½ cups rice (cooked)</p> <p>100g chicken breast/ thigh fillets*</p> <p>tomato pasta sauce</p> <p>vegetables**</p> <p>cheese*** - 20g</p> <p>2½ glasses water</p>	<p>* Trim off the skin if you are watching your weight.</p> <p>** Adding more vegetables can help increase your fibre intake.</p> <p>*** Try using cheeses that are lower in fat, such as edam or cottage cheese. Watch the amount you use if you are watching your weight.</p>

## Meal ideas

### Breakfast options

- Bran cereals#/muesli with milk\*, yoghurt, and fruit
- Porridge with sultanas and milk\* or yoghurt, and fruit
- Scramble eggs on soft bread
- Omelette served with mashed potato or soft bread
- Milkshakes\*
- Savoury custard with ham, vegetables, tomato puree, or fish
- Cooked sliced egg in a cheese\*\* sauce or mild curry sauce on rice.

### Snack options

- Yoghurt (fresh or frozen) or ice cream
- Sandwiches - with ham/egg/grated cheese,\*\* minced chicken and mayonnaise, peanut butter
- Ice blocks - popsicles.

---

# High in fibre: a good alternative if you get constipation and are in need of more fibre.

\* Trim/CalciTrim milk are recommended, if you are watching your weight.

\*\* An example of lower fat cheese is edam/cottage cheese.



### Lunch or dinner options

- Baked beans or spaghetti with grated cheese\* on bread
- A bowl of soup, e.g. pumpkin soup or green velvet soup, with bread
- Sandwiches with a serving of meat, egg, vegetable, or cheese fillings
- Egg noodles, stir-fried vegetables
- Scrambled eggs on soft bread
- Salmon steak on rice with green beans
- Pork with prunes and apricots
- Springtime pie
- Chicken and tomato rice.

---

\* An example of lower fat cheese is edam/cottage cheese.

## Suggested websites and organisations

### **Cancer Society of New Zealand Inc.**

Cancer Information Helpline: 0800 CANCER (0800 226 237)

Website: [www.cancernz.org.nz](http://www.cancernz.org.nz)

### **Arthritis New Zealand**

Website: [www.arthritis.org.nz](http://www.arthritis.org.nz)

Street address: Level 2, 166 Featherston Street,  
Wellington

Postal address: PO Box 10-020, Wellington

Phone: (04) 472-1427 Fax: (04) 472-7066

### **Mental Health Foundation New Zealand**

Website: [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

Street address: 81 New North Road, Eden Terrace,  
Auckland 1021

Postal address: PO Box 10051, Dominion Road,  
Auckland 1446

Tel: (+ 64 9) 300-7010 Fax: (+ 64 9) 300-7020

Resource Centre: (+ 64 9) 300-7030

Resource Centre email: [resource@mentalhealth.org.nz](mailto:resource@mentalhealth.org.nz)

The suggested websites (other than our own) are not maintained by the Cancer Society of New Zealand. We only suggest sites we believe offer credible and responsible information, but we cannot guarantee that the information on such websites is correct, up-to-date, or evidence-based medical information. We suggest you discuss any information you find with your cancer care health professionals.

## Notes

You may wish to use this space to write down any questions you want to ask your doctors, nurses, or health providers at your next appointment.

Whakamahia tēnei wāhi wātea hei tuhi pātai e hiahia ana koe ki te pātai i tō rata, ngā tapuhi, ngā kaiwhakarato hauora rānei mō te wā e hoki atu ai koe.

Notes

Notes

## Notes

## Cancer Society of New Zealand Inc. Te Kāhui Matepukupuku o Aotearoa

### National Office

PO Box 12700, Wellington 6144  
Telephone: (04) 494-7270

### Auckland Division

PO Box 1724, Auckland 1140  
Telephone: (09) 308-0160  
Covering: Northland

### Waikato/Bay of Plenty Division

PO Box 134, Hamilton 3240  
Telephone: (07) 903 5800  
Covering: Tauranga, Rotorua, Taupo,  
Thames, and Waikato

### Central Districts Division

PO Box 5096, Palmerston North 4441  
Telephone: (06) 356-5355  
Covering: Taranaki, Wanganui, Manawatu,  
Hawke's Bay, and Gisborne/East Coast

## Wellington Division

52-62 Riddiford Street, Wellington 6021

Telephone: (04) 389-8421

Covering: Marlborough, Nelson, Wairarapa, and Wellington

## Canterbury/West Coast Division

PO Box 13450, Christchurch 8141

Telephone: (03) 379-5835

Covering: South Canterbury, West Coast, and Ashburton

## Otago/Southland Division

PO Box 6258, Dunedin 9059

Telephone: (03) 477-7447

Covering: Urban and rural Otago and Southland

## Cancer Information Helpline

0800 CANCER (226 237)

[www.cancernz.org.nz](http://www.cancernz.org.nz)

## Feedback

### Living with dry mouth

We would like to read what you thought of this booklet: whether you found it helpful or not. If you would like to give us your feedback please fill out this questionnaire, cut it out, and send it to the communications officer at the address at the bottom of the following page.

1. Did you find this booklet helpful?

Yes  No

Please give reason(s) for your answer.

---

---

---

2. Did you find the booklet easy to understand?

Yes  No

Please give reason(s) for your answer.

---

---

---

3. Did you have any questions not answered in the booklet?

Yes  No

If yes, what were they?

---

---

---

4. What did you like the most about the booklet?

---

---

---

5. What did you like the least about the booklet?

---

---

---

6. Any other comments?

---

---

---

Personal information (optional)

Are you a person with a dry mouth, or a friend/relative/  
whānau? \_\_\_\_\_

Gender \_\_\_\_\_ Age \_\_\_\_\_

Ethnicity (please specify): \_\_\_\_\_

Thank you for helping us review this booklet. The Editorial Team will record your feedback when it arrives, and consider it when this booklet is reviewed for its next edition.

Please return to: The Communications Officer, Cancer Society of New Zealand, PO Box 12700, Wellington 6114.

#### Information, support, and research

The Cancer Society of New Zealand offers information and support services to people affected by cancer. Printed materials are available on specific cancers and treatments. Information for living with cancer is also available.

The Cancer Society is a major funder of cancer research in New Zealand. The aim of research is to determine the causes, prevention, and effective methods of treating various types of cancer. The Society also undertakes health promotion through programmes, such as those encouraging SunSmart behaviour, healthy eating, physical activity, and discouraging smoking.

#### We appreciate your support

Many Cancer Society services would not be possible without the generous support of many New Zealanders.

#### Acknowledgements

The Cancer Society would like to thank for their reviews, advice, and contributions:

Dr Christopher Jackson, the Cancer Society of New Zealand's Medical Director and Medical Oncologist for the Southern District Health Board

Charlene E. Tan, Dietitian, Christchurch

We would also like to acknowledge that this booklet was first created as part of research for the University of Otago, Post Graduate Diploma in Dietetics.

Helen Brown, Community Dietitian, Nurse Maude Association, Christchurch

Dr Jane Elmslie, Dietitian/Researcher, Psychological Medicine, Christchurch School of Medicine

Jonathan Rea, Dietitian, Lea Stening Health, Christchurch

Lea Stening, Director, Senior Paediatric & Sports Dietitian, Lea Stening Health, Christchurch

Tory Crowder, Dietitian, Auckland City Hospital

Dr David Hay, Oral Medicine Specialist, Oral Health Regional Services, Auckland District Health Board, Auckland

Noelle Farrell, Clinical Nurse Specialist/Navigator ORL, Auckland City Hospital

Natalie James, National Nurse Lead, Auckland District Health Board, Auckland

Esther Ong, Speech Language Therapist, Auckland City Hospital

Cancer Society Information Nurses, Michelle Gundersen-Reid, Julie Holt and Viv Williams

Sarah Stacy-Baynes, National Information Manager

#### Volunteers

Many thanks to the Cancer Society volunteers who agreed to be photographed for our booklet covers. Our thanks also to Brian and Lee Sheppard, and those affected by dry mouth and their carers who reviewed our drafts and gave us many valuable suggestions, quotes, and recipes to include in the booklet.

#### Photography

Lindsay Keats of Lindsay Keats Photography in Wellington took the photograph for our booklet cover.



[www.cancernz.org.nz](http://www.cancernz.org.nz)

**ANY CANCER, ANY QUESTION**  
**0800 CANCER (226 237)**  
**Cancer Information Helpline**

