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Researchers confirm effectiveness spray that improves dry mouth

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Patients with dry mouth often have difficulty chewing, swallowing or even talking and their numbers have increased in recent years, due to a rise in taking medication, above all anti-depressants

Researchers from the universities of Granada and Murcia have confirmed the effectiveness of a spray containing 1% malic acid, which greatly improves xerostomy, or dry mouth, caused by anti-depressant drugs. This product, combined with xylitol and fluorides, in a spray format, stimulates saliva production in patients with this illness, thus improving their quality of life.

Xerostomy is a dry-mouth sensation that patients have, often caused by reduced salivary secretion or biochemical changes in the saliva itself. Patients with xerostomy often find difficulty in chewing, swallowing or even talking. It is a subjective sensation, whilst hyposalivation refers to an actual reduction in salivary flow, meaning that it is objective and, therefore, quantifiable.

As the main author of this study, University of Granada lecturer, Gerardo Gomez Moreno, explains, one of the main causes of dry mouth is the consumption of different medications. "There are over 500 drugs, belonging to 42 pharmacological groups, which can provoke xerostomy as a side effect. Those that are most related are anti-depressants, the prescription of which has increased over recent years, thus leading to a higher number of patients with xerostomy from taking anti-depressive drugs, above all in 45-50 year olds".

Clinical trial using 70 patients

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