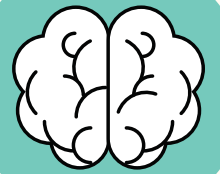


SALIVA AND PARKINSON'S DISEASE



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?

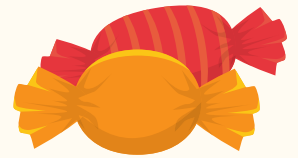


- Too much saliva in your mouth might cause you to choke on food and liquids
- It can be embarrassing if you drool in front of other people
- Drooling can lead to cracks and infections around your mouth
- You might drool on your clothes and have to change or wash them regularly
- Knowing that your drool 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

OR

www.parkinsonsafrica.com



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