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/parkinsonsafirca

Created by Jane Price, Louise Ebenezer and Natasha Fothergill-Misbah