

Saliva Control in Parkinson's disease

You may find that you **experience drooling** as part of your Parkinson's disease. This is usually because you're **not swallowing as frequently**, rather than producing more saliva.

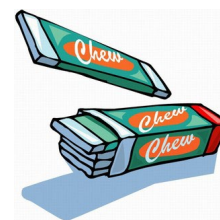
Here are some strategies which you may like to try, to help you manage your drooling:

- Consciously **think about swallowing** your saliva regularly
- Try and **swallow just before you speak**
- Try an **app on your phone** such as '**Swallow Prompt**'. These make a sound or vibrate, **to remind you to swallow**.



The following have been shown by researchers to help:

- **Chew gum** – chewing for five minutes or more can result in increased swallowing in the short-term which will reduce the amount of saliva in your mouth.
- Some **medicines** help to reduce saliva production – your doctor/pharmacist/Parkinson's Disease Nurse Specialist will be able to advise if there is a specific medication suitable for you.



People with Parkinson's disease sometimes report that the following strategies help:
(These strategies are not currently supported by research)

- Breathe through your **nose** with your mouth closed.
- **Sit upright** and make sure your head and body are well supported. Regular repositioning to prevent slumping/leaning may be required.

Suck a **boiled sweet** – citrus sweets in particular can be helpful. Having something in your mouth can remind you to swallow more often.



- Try **icy drinks**, which may help you to swallow more often.
- Drink **ginger tea** - this has a drying effect on the mouth; sucking pieces of **dried ginger** may help if there is no risk of choking.
- Avoid lying flat on your back in bed/when sleeping. Pop a **pillow under the head of your mattress** to elevate your upper body instead.
- If you tend to sleep on your back use a **pillow down your side** to prevent yourself rolling on to your back.

Information for Patients

- Use **lip balm** on your lips to prevent reddening and soreness of skin in the event of dribbling.



If you have swallowing difficulties, your Speech and Language Therapist will inform you of which strategies are suitable for you, and which strategies should not be attempted.

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Birmingham Heartlands Hospital October 2019