

# How Can You Improve Drooling?

About two thirds of Parkinson's disease patients report increased drooling. Drooling is due to decreased swallowing and forward bending posture of head. Initially, drooling is noticed at night time only, and later becomes noticeable during daytime as well. Saliva pooled in mouth may also lead to aspiration pneumonia due to inhalation in lungs. Some of the suggestions to improve this drooling are as follows:

1. Swallowing more frequently.
2. Chewing gum.
3. Trying to keep the mouth closed and head up.
4. Keeping a handkerchief handy to help wipe the mouth.
5. Reminding yourself to keeping a straight posture.
6. Avoiding foods with sugar because they cause extra salivation.
7. Practicing to keep lips closed when not eating or speaking
8. If these strategies don't help, you should discuss with your physician so that it can be treated with medications, if required.