

Af Qallallan ka dib Daweyn Kaansar

Dry Mouth with Cancer Treatment

Cancer treatments, especially to the head or neck, can reduce saliva. A dry mouth may make food hard to chew and swallow. It may also change the taste of food. Eat healthy meals and drink liquids to help you feel better during treatment.

Try these tips to help a dry mouth:

- Carry a bottle of water with you. Have a sip of water every few minutes.
- Suck on hard candy, popsicles and ice chips.
- Chew gum.
- Keep your lips moist with lip balm.
- Ask your doctor about products to moisten your mouth.
- Eat soft foods and moisten foods with sauces, gravies or salad dressings.
- Do not drink beer, wine, or any type of alcohol. Alcohol can make your mouth even drier.
- Rinse your mouth every 1 to 2 hours with mouthwash made with 2 pinches ($\frac{1}{4}$ teaspoon) baking soda, one pinch ($\frac{1}{8}$ teaspoon) salt, and 1 cup warm water. You can also use a mouthwash that does not contain alcohol. Rinse and spit. Do not swallow. Rinse your mouth with plain water after you are done.

Daweynta kaansar, gaar ahaan ta lagu sameeyo madaxa ama qoorta, waxay yareyn kartaa candhuufta. Afka qalalani waxa uu dhib ka dhigi karaa calaalinta iyo liqidda cuntada adag. Waxa kale oo laga yaabaa in uu beddelo dhadhanka cuntada. Cun cuntooyin caafimaad leh oo cab cabitaano si uu kaaga caawiyo in aad dareentid fiicnaan wakhtiga daweynta.

Isku day talooyinkan si ay kaaga gargaaraan afka qallalan:

- Muudmuudso nacinac adag, jalaato-qori iyo qaybo baraf.
- Cun nacinac, nacinac-dhuuq (popsicle), iyo cunto jilicsan.
- Calaaaji xanjo.
- Dibnaha qooy ama qoyaan u yeel adiga oo isticmaalaya dawada dibnaha qalalka ka ilaalisa.
- Weydii dhakhtarkaaga waxyaabaha aad qoyaan ugu yeeli kartid afkaaga.
- Cun cuntooyin jilicsan oo cuntooyinka ku qoo suugo, maraq ama iidaanka saladhka.
- Ha cabbin khamriga loo yaqaan biir, khamriga canabka, ama nooc kasta oo ah aalkolo. Aalkoladu waxay keeni kartaa in afkaagu sii qallalo.
- Luqluq afkaaga 1 illaa 2 saac kasta adiga oo ku luqluqanaya afdhaq laga sameeyay khamiiriye (baking soda) oo le'eg inta lagu qabto laba farood caarood 2 jeer ($\frac{1}{4}$ qaaddo shaah), milix le'eg inta hal mar lagu qabto laba farood caarood ($\frac{1}{8}$ qaaddo shaah), iyo 1 koob oo ah biyo diiran. Waxa kale oo aad isticmaali kartaa afdhaq aanay ku jirin aalkolo. Ku luqluqo oo tuf. Ha liqin. Afka ku luqluq biyo saafi ah marka aad dhammeysid.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

Dhaktarkaaga, kalkaalisada, ama nafaqo-yaqaanka kala hadal wixii ah dhibaatooy cunis ee aad qabtid.

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Dry Mouth with Cancer Treatment. Somali.