

## **Dry Mouth and Medications**

Tan EC et al. **Medications That Cause Dry Mouth as an Adverse Effect in Older People**: A Systematic Review and Metaanalysis. Journal of the American Geriatrics Society (Impact Factor: 4.388), 2017, doi: 10.1111/jgs.15151 [<https://www.ncbi.nlm.nih.gov/pubmed/29071719>]

### OBJECTIVES:

To assess and quantify the risk of drug-induced dry mouth as a side effect in older people.

### SETTING:

A search of the literature was undertaken using Medline, Embase, Cochrane, Web of Science, and PubMed from 1990 to 2016.

### PARTICIPANTS:

Older people (aged  $\geq 60$ ) who participated in intervention or observational studies investigating drug use as an exposure and xerostomia or salivary gland hypofunction as adverse drug outcomes.

### RESULTS:

Of 1,544 potentially relevant studies, 52 were deemed eligible for inclusion in the final review and 26 in metaanalyses. The majority of studies were of moderate methodological quality. In the intervention studies, **urological medications, antidepressants, and psycholeptics were significantly associated with dry mouth**. In the observational studies, numbers of medications and several medication classes were significantly associated with xerostomia and salivary gland hypofunction.

### CONCLUSION:

**Medication use was significantly associated with xerostomia and salivary gland hypofunction in older adults.** The risk of dry mouth was greatest for drugs used for urinary incontinence. Future research should develop a risk score for medication-induced dry mouth to assist with prescribing and medication management.