

How will Mucosamin help?

Mucosamin has been proven to:

Reduce the symptoms of dry mouth^{3,4}

Provide pain relief⁴

Support faster healing of mouth ulcers^{2,5}

A soothing mouthwash and a convenient oral spray to provide relief when you need it most.



Where is Mucosamin available from?

If you are undergoing chemotherapy or radiotherapy for a head or neck cancer, your healthcare professional can prescribe Mucosamin® Mouthwash and Oral Spray for you. Alternatively, you can buy directly from pharmacies or find online at Amazon.co.uk



On prescription



In pharmacies



Online at amazon.co.uk

References

1. Arden Cancer Network. Guidelines for the Oral Care of Adults Receiving Chemotherapy Treatment. Available at: <https://www.arden.nhs.uk/mf.ashx?ID=90cead4b-7b33-44fc-8504-cf3c11ead390> (Accessed October 2019) 2. Favia, G. et al. (2008) Accelerated wound healing of oral soft tissues and angiogenic effect induced by a pool of amino acids combined to sodium hyaluronate (Aminogam). J Biol Regul Homeost Agents. 2008; 22(2): 109-116. 3. Mariggio, M.A. et al. (2009)

Enhancement of fibroblast proliferation, collagen biosynthesis and production of growth factors as a result of combining sodium hyaluronate and amino acids. Int J Immunopathol Pharmacol, 22: 485-492. 4. Data on File 1010461483 v 1.0 October 2018 5. Romeo, U. et al. (2014) Oral soft tissue wound healing after laser surgery with or without a pool of amino acids and sodium hyaluronate: a randomized clinical study. Photomedicine and Laser Surgery, 32: 10-16.



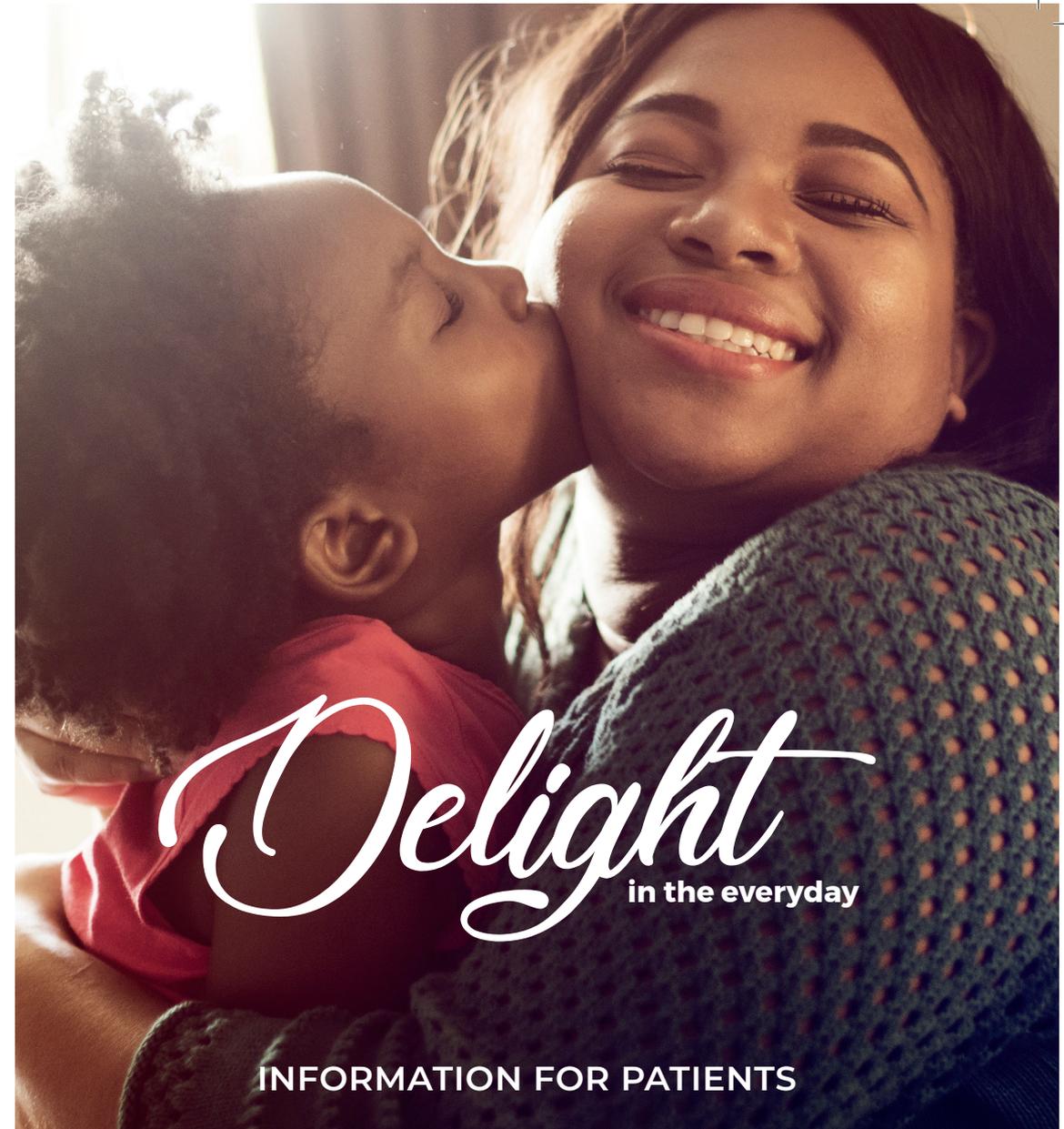
@mucosamatters

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Always read the label.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the product's package leaflet.

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Delight
in the everyday

INFORMATION FOR PATIENTS

Relieve and treat the symptoms of Oral Mucositis



The Oral Health Foundation recognises that Mucosamin® Mouthwash and Oral Spray are useful in helping to relieve the symptoms of dry mouth and oral mucositis, and promote the healing of the oral mucosa.

mucosamin

Sodium hyaluronate + amino acids
glycine, L-proline, L-leucine and L-lysine HCl

What is Oral Mucositis?

Oral Mucositis (OM) is when the healthy lining of your mouth becomes sore and inflamed. It is a common side effect of the treatments for cancer, chemotherapy and radiotherapy. It can be uncomfortable and very unpleasant, but there are some steps you can take to help relieve the symptoms.

The main symptom of OM is intense pain, which is usually associated with mouth ulcers. It can often cause difficulty swallowing, dry mouth and affect a person's ability to talk, eat solid foods and drink.

Is there anything I can do to prevent it occurring?'

Even though there is not much you can do to avoid the effects of cancer treatment on your mouth, and while OM is not entirely preventable, there are certain steps you can take to ensure your mouth is as healthy as possible while undergoing treatment.



1. Visit your Dentist prior to treatment

OM is worse in the presence of bacteria and other bugs. Ensure your dentist addresses any dental issues you may have before commencing treatment. Gum disease, tooth decay and infections can all increase the severity of OM.



2. Maintain a rigorous oral hygiene routine

A strict oral hygiene routine can help to reduce the severity of OM. Brushing your teeth, rinsing and flossing multiple times a day, in particular after eating can help to reduce the risk of infection. Start as you mean to go on and develop an effective dental routine early. This will help you stick to it during your treatment.



3. Stop smoking

If you smoke, it is strongly recommended that you stop, at least during your treatment, as smoking will make it harder for your mouth to heal.



4. Eat well

Good nutrition is vital for healthy living and it's particularly important when undergoing treatment for cancer. Vitamins and minerals play a key role in helping to reduce the harmful impact of radio and chemotherapy, as well as helping your body to fight infection. It is also advisable to avoid spicy or acidic foods and also foods with a crunchy or coarse texture, as all of these can irritate your mouth and gastrointestinal tract.

How to use Mucosamin® Mouthwash and Mucosamin® Oral Spray

Mucosamin® Mouthwash

Mucosamin® Mouthwash is designed to become part of your daily routine, before and throughout your treatment, to help protect the sensitive lining of your mouth. Use 5-10ml of the Mucosamin® Mouthwash each time, keep it in your mouth for around 1 minute and avoid rinsing with water afterwards. It's recommended that you repeat this process 3-4 times each day.

Mucosamin® Oral Spray

It's not always practical to carry the bottle of mouthwash around with you and there'll be times when you need to relieve a particular area in your mouth. Mucosamin® Oral Spray comes in a small and convenient bottle with a long nozzle to help you get to those hard-to-reach parts. It's recommended that you use it around 3-4 times each day, so you can keep it with you for when you need it.

In combination

Mucosamin products can also be used together to provide a convenient and effective way to help you with the effects of cancer therapy. In this case, Mucosamin Mouthwash is recommended for use alongside your daily dental routine. You can carry Mucosamin Oral Spray with you for relief as you need it throughout the day.

Mouthwash
For use alongside
your daily dental routine.



Oral Spray
For fast, targeted relief when
and where it's needed.

