口腔粘膜炎の疼痛コントロールの実際（経口摂取支援）
外来通院のがん患者が連携歯科を受診する可能性は、少なくともあるので覚えておく
①食事前20〜30分前
ポンタールシロップ
10mlまたはロキソニン1錠
②食事直前
ハチアズレ5包、
グリセリン60ml、
4％キシロカイン5ml
または10ml
（500mlの水で溶解し
ぶくぶく含嗽）
S1単独治療による粘膜炎
グレード3
シスプラチンの白金系抗がん剤使用時
はアセトアミノフェン選択を推奨

浅井班多施設共同臨床試験
シスプラチンを主とした頭頸部がん放射線化学療法
101例（国がん東中心の前向き多施設研究）

・モルヒネ使用率 83%
・1日モルヒネ使用量中央値 35mg（0-150mg）
・放射線治療完遂割合 99%
・休止割合 13%（95%CI：7-21%）
・放射線治療終了後1ヶ月のモルヒネ使用率 33%

静岡がんセンター頭頸部がん化学放射線療法では、放射線治療完遂率85%（後向きバイロット研究）

**Health Benefits:**

Xylitol has been studied extensively and has shown some unique health benefits. Xylitol is a natural sugar substitute that provides a similar sweet taste to sugar. In the mouth, xylitol interferes with the growth of bacteria that cause cavities, reduces acid production, and helps to remineralize tooth enamel. This makes xylitol a good choice for people who are trying to maintain good oral health. Xylitol is also used in many dental care products to help prevent cavities and gingivitis.

**Ingredients:**

100% pure xylitol. No other, raw agents or additives.

Xylitol is a natural sweetener that is derived from the sugar found in fruits and vegetables. It is a low-calorie sweetener that is used to sweeten foods and beverages. Xylitol is approved by the Food and Drug Administration (FDA) for use in food and is considered to be safe for consumption.

**Uses:**

Xylitol is used to sweeten foods and beverages that are not intended to be consumed by people with diabetes. It is also used in many dental care products to help prevent cavities and gingivitis.

**Dosage:**

Xylitol is available in many forms, including tablets, powders, and liquid. The recommended daily intake of xylitol is 1 to 2 tablespoons (15 to 25 grams) per day. Xylitol is generally well tolerated, but some people may experience symptoms of digestive upset, such as gas, bloating, and diarrhea, when they first start using it.

**Safety:**

Xylitol is generally considered to be safe for consumption. However, some people may experience digestive upset when they first start using it. These symptoms usually go away after a few days. Xylitol is also considered to be a low-calorie sweetener, which makes it a good choice for people who are trying to lose weight or maintain a healthy weight.

**Side Effects:**

Although xylitol is generally well tolerated, some people may experience digestive upset, such as gas, bloating, and diarrhea, when they first start using it. These symptoms usually go away after a few days. Xylitol is also considered to be a low-calorie sweetener, which makes it a good choice for people who are trying to lose weight or maintain a healthy weight.

**Interactions:**

Xylitol is not known to interact with other medications. However, it is always a good idea to talk to your healthcare provider before starting any new medication, especially if you have any underlying health conditions or take any other medications.

**Caution:**

Xylitol is not recommended for people with a history of glucose-6-phosphate dehydrogenase (G6PD) deficiency. People with G6PD deficiency may experience life-threatening reactions if they consume large amounts of xylitol.

**Storage:**

Xylitol should be stored in a cool, dry place. It is not recommended to keep xylitol in the refrigerator or freezer, as it may absorb moisture and become sticky.

**Precautions:**

Xylitol is not recommended for children under the age of 2 years. It is also not recommended for people with a history of diabetes or who are taking medications that affect blood sugar levels.

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