

## Treatment Tips from Other NTM Patients

This is not meant as an endorsement, but the following products have been reported as helpful by members of our support groups. Consult your physician.

Biotene toothpaste/mouthwash/gum/moisturizing gel for **dry mouth**. These can be found at Wal-Mart, most drug stores, Costco, etc. Go to [www.laclede.com](http://www.laclede.com) for more information.

**Probiotics** (including **acidophilus**) to help you tolerate the antibiotic regimen and prevent yeast overgrowth.

**Ginger** or ginger snaps for gastrointestinal soothing.

**Nutritional supplements** such as ScandiShake® for increased weight gain [www.scandishake.com](http://www.scandishake.com) or [www.axcanscandipharm.com](http://www.axcanscandipharm.com) and Ensure® or Boost® for added nutrition

**Nasal wash products:** NeilMed Sinus Rinse® products: [www.sinusrinse.com](http://www.sinusrinse.com) or [www.neilmed.com](http://www.neilmed.com)

Patients are often advised to **limit contact with water vapor and dusts** that often harbor mycobacteria. Your doctor may advise you to avoid showering, gardening, potting soil and orchid mix, fountains and lawn sprinklers, and especially hot tubs and indoor pools. For those who do not have elderly, children, or guests in their home, it has been suggested that raising the thermostat on the hot water heater from 120° to 145° may reduce a person's exposure to these bacteria.

There is a **rubber sleeve that fits over a PICC line during showers** and keeps the area completely dry. It works by allowing the patient to pump air out of the sleeve, keeping it air-tight. It may be better to order over the phone, which gives you a better warranty, instead of through the website. The item costs \$35 to \$39, depending on size. Info can be obtained at [www.xerosox.com](http://www.xerosox.com).

Click on the link for "PICC lines" in the first paragraph where they describe their products.