

PRESS RELEASE

Chewing gum (sugar free) relieves troublesome dry cough

(Hong Kong, 21 October 2025) – **Dry cough after simple upper respiratory infection can be troublesome and seems to be increasing. A doctor shared his personal experiences in treating himself with chewing gum (sugar-free) and his successful advice to many people with such problems. The commentary has been published in the *Hong Kong Medical Journal*.**

From the successes of rapid symptom relief by chewing and keeping a piece of sugar-free chewing gum in the mouth for hours, Professor Tai-hing Lam, Emeritus Professor of The University of Hong Kong, hypothesises that such problems are commonly due to sticky postnasal drip (SPD) which sticks to the throat causing irritation and coughing. The chewing gum in the mouth stimulates continuous salivary secretion and swallowing the saliva dilutes and flushes the SPD, and hence relieves the irritation and cough. He suggests people with such problems can try this simple and safe method, but cautions that doctor consultation is needed if the symptoms are serious or not controlled.

The article “Chewing gum (sugar free) therapy: my experiences and research questions” was published in the *Hong Kong Medical Journal*. <https://doi.org/10.12809/hkmj2412234>

新聞稿

無糖口香糖可緩解惱人乾咳

（香港，2025 年 10 月 21 日） — 在經歷普通上呼吸道感染後，乾咳可能令人困擾，且似乎越來越常見。一位醫生分享了他以無糖口香糖迅速緩解症狀的個人經驗，也成功向許多有類似困擾的人士建議這方法。該篇評論已刊登於《香港醫學雜誌》。

香港大學榮休教授林大慶曾經透過咀嚼並長時間含着無糖口香糖迅速緩解乾咳症狀。他推測，這類問題通常是由於黏稠的鼻後滴流黏附在喉嚨，引起刺激與咳嗽。口香糖能刺激持續分泌唾液，而吞嚥唾液則能稀釋並沖刷掉這些黏稠分泌物，從而減輕刺激與咳嗽症狀。他建議有此類困擾的人士可以嘗試這種簡單且安全的方法，但也提醒若症狀嚴重或無法控制，應諮詢醫生。

詳細內容可參閱原文《無糖口香糖治療：我的經驗及研究問題》。

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Source: TH Lam. Chewing gum (sugar free) therapy: my experiences and research questions. Hong Kong Med J 2025;31:397-8. <https://doi.org/10.12809/hkmj2412234>.

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