

# Halitosis

## controlling bad breath

### Halitosis or 'Bad Breath'

Bad breath is an unpleasant condition that can cause embarrassment and often goes undetected by the individual. It is mostly caused by the build up of bacteria in the mouth.

### What Causes Bad Breath?

The major cause is microbial deposits on the tongue, especially at the back. The build up of food on teeth, around gums and in between teeth leaves an unpleasant odour as it decays.



### Other Causes of Halitosis

- Periodontal (Gum) Disease
- Xerostomia or Dry Mouth
- Unclean dentures
- Certain foods: garlic, onions
- Tobacco
- Some medications
- Systemic ailment



### Tips to Control Bad Breath

- Brushing your tongue reduces bad breath by 70%
- Practice good dental hygiene – brush effectively twice a day and floss between teeth once a day
- Have a regular dental examination and cleaning – every 6 months
- Increase your intake of water
- Stimulate saliva flow by chewing sugar free gum
- Use a mouthwash to temporarily mask odours

### Talk With Your Dentist

If you are concerned about bad breath, talk to us. The Dentist will help to identify the cause and if it's due to an oral condition, will develop a treatment plan to eliminate it.

