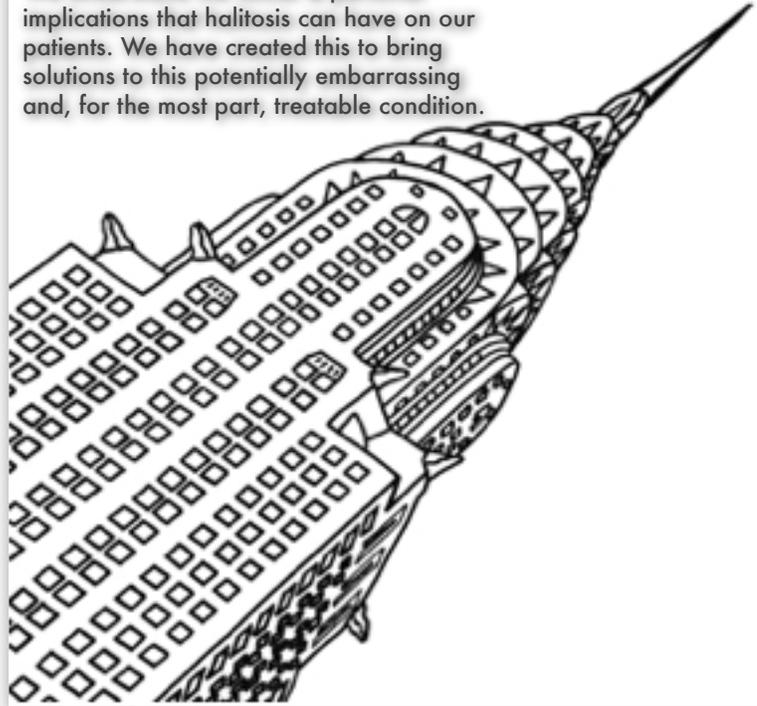


halitosis

BAD
BREATH

We understand the social & personal implications that halitosis can have on our patients. We have created this to bring solutions to this potentially embarrassing and, for the most part, treatable condition.



more information can be found here: <http://www.ada.org/2941.aspx?currentTab=1>

Halitosis, also known as bad breath, is an unpleasant condition that can be associated with embarrassment, affecting an individual's self-esteem, inevitably having social implications as well. As your dentist, our focus is determining the the cause, & then working with you to find the proper treatment regimen to eliminate the condition.

DIET: What you eat affects the air you exhale. The types of food you may contribute to displeasing odor. The foul odor is usually caused by the breakdown of proteins by bacteria in the mouth . Specifically, garlic, onions, & cheese are common culprits. Once these kinds of foods are absorbed in the bloodstream, they are transferred to the lungs where it is expelled which in turn results in the malodor. This will continue until the body eliminates the food. Dieters may develop unpleasant breath from infrequent eating.

POOR ORAL HYGIENE: Not brushing & flossing-, allowing food particles to accumulate, even rot, on/in between teeth, on the tongue & around the gums, lead to the collection of bacteria. Most of the compounds that cause bad breath are the waste products of bacteria. Dental plaque accumulation (above and below the gum line and on the tongue) can tip the scales in favor of the odor causing bacteria.

XEROSTOMIA/DRY MOUTH: Saliva is necessary to cleanse the mouth & remove particles that may cause malodors. The reduction of saliva may be caused my a number os things. It is in fact a side effect of many medications. Additionally, age, damaged salivary glands, mouth-breathing, chemo & radiation therapy, & some autoimmune diseases can contribute to dry mouth as well.

TOBACCO: Tobacco causes halitosis in a number of ways. Smoking & chewing tobacco inhibits saliva flow, resulting in dry mouth. Also, by affecting the small blood vessels that provide nutrients to the gum & bone that support the teeth,

tobacco also contributes to periodontal disease. Periodontal disease is characterized by pocketing. These areas surrounding teeth are more susceptible to bacteria which cause halitosis. Additionally, tobacco residue can adhere to the cheeks, teeth & tongue, which itself leaves an unpleasant odor. Also, sinus problems are made more sever with the use of tobacco, which due to things like post-nasal drip, can then lead to foul smelling breath.

major causes:

DIET	1
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DRY MOUTH	3
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ADDITIONAL IMPORTANT FACTS:

- If the hygiene is NOT the issue, proper brushing, flossing, & rinsing will mask the odor temporarily.
- The most common odor-producing region of the tongue is the posterior (back) portion.
- Halitosis may be a sign of medical disorder. In this circumstance, we would refer you to your physician for further investigation.

solutions

HALITOSIS/ BAD BREATH



How do I quit smoking?

1. Set a date
 - Stick to it
 - Choose a "low stress" time to quit
2. Enlist support
 - family, friends and co-workers.
3. Ask about nicotine replacement therapy
 - Using medicines can double your chances of quitting for good.
4. Remove tobacco and tobacco paraphernalia from your home, office and car
5. Seek tobacco-free environments to curve your temptations
6. Exercise
 - It may make you feel better about yourself and your decision to quit smoking
7. Anticipate problems and have a realistic plan to deal with challenges.

DIET:

Food which are thought to prevent bad breath are as follows:

- Spices: parsley, coriander, spearmint, tarragon, eucalyptus, rosemary and cardamom cloves, fennel, or anise seeds
- yogurt → reduces the level of odor-causing hydrogen sulfide in the mouth & the amount bacteria in the mouth
- apples, carrots, celery → basically any fiber-rich fruit or vegetable
- sugarless gums & candy → stimulates saliva flow
- Eating berries, citrus fruits, melons and other vitamin C-rich foods → creates an inhospitable environment for bacteria growth
- pineapple juice

POOR ORAL HYGIENE:

Initiating a solid daily oral hygiene regimen is of great importance to maintain good oral health. This should include:

- Floss twice a day
- Brush twice a day with a fluoride toothpaste;
- Eat a balanced diet Limit frequency of snacks/meals & give preference to nutritious foods for snacks & water
- Visit your dentist regularly Supplement flossing & brushing with a rinse that contains Fluoride to strengthen tooth enamel and prevent decay

XEROSTOMIA/DRY MOUTH:

To combat dry mouth, it is important to determine the cause. Generally, some ways to prevent dry mouth are:

- Artificial saliva/saliva substitutes
- Sugarless gums and candy can be utilized to stimulate saliva.
- Drink copious amounts of water
- reduce coffee/alcohol/tobacco intake
- use of a humidifier at night

TOBACCO:

Most people who do smoke are aware of the multiple health issues that result from tobacco. In terms of oral health alone, in addition to halitosis, the effects of tobacco include: oral cancer, periodontal (gum) disease, delayed healing after a tooth extraction or other oral surgery, less options for some kinds of dental care (smokers can be poor candidates for particular treatments such as implants), staining of teeth and tongue, & diminished sense of taste and smell.

We are here to support you, along side your physician, to take the steps in quitting the terrible habit. For more information, please visit: <http://www.ada.org/2615.aspx>.

When you crave tobacco: 4D's

- Delay—craving will pass in 5-10 minutes
- Drink water—it will help to wash the toxins from your body
- Do something else—distract yourself by being active.
- Deep breathing—deep inhalations and exhalations are relaxing.

