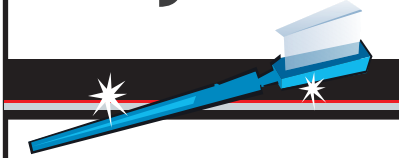


Holy Moses! Do I have

Halitosis?



HOLY MOSES, DO I HAVE HALITOSIS! PART II

Last month I talked about having bad breath, and since knowledge is power, let's discuss its causes.

The *major* cause of bad breath is *bacteria*. They are located between teeth, around old, failing, dental fillings/crowns, broken teeth and the tongue. Bacteria feed on proteins, then release sulfur compounds, hence you have halitosis.

Reducing the amount of bacteria in your mouth is the *key* to limiting bad breath. Therefore, good home care with proper brushing, flossing and regular dental hygiene appointments are *mandatory* for controlling halitosis. Use of a tongue scraper is *vital*, since this is a major source of bacteria, *especially* way in the back. Don't have one? Then use a spoon and be firm with it. If your not gagging, your not back far enough on the tongue. You'll be surprise and possibly, disgusted of what you'll get off.

In addition, replacing old, failing fillings and crowns will eliminate food traps around teeth and create a more easily maintainable, cleaner environment.

There can be other reasons that may contribute to bad breath such as:

Diet – onions, garlic, spices

Tobacco – smokeless, cigars, cigarettes

Dry Mouth –caused by age, medications, mouth breathing

Medical Conditions – respiratory/sinus infections, diabetes, liver/kidney disease

The use of mouthrinses is a popular and easy way to combat bad breath. I will cover this topic in my next article. But, unless you control the bacteria first, its benefits can be limited.

Comments or questions are always welcomed



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