

*Holy Moses! Do I have*



# *Halitosis?*

Bad Breath, something most of us worry about and a topic a lot of my patients ask about. It is a subject with many questions and not many good answers. Everyone has an opinion or remedy, but there seem to be few solutions.

For the next several articles I will be addressing this issue, from its causes to the best ways to limit it. Knowledge is power, knowing how bad breath occurs is just as important as controlling it.

The funny thing about bad breath is that a lot people think they have it when they really don't. And there are people who do have it, but are unaware of it. So, how do you tell someone they have bad breath?

If my breath was bad, I hope someone close to me would tell me. So, let your friend or family member knows this before you tell them.

Another good approach would be to point out after a spicy or garlic-heavy meal the things you do to keep your breath fresh. And simply state that you are glad someone talked to you about it. Everyone has bad breath at times and sharing information on how to control it, is usually appreciated.

If you think you may have halitosis, simply ask a trusted friend for the brutal truth. Testing yourself using your hand is not reliable; you are your worse judge.

Lastly, there is a website "Badbreathogram.com", where for a small fee you can send an anonymous email.

Future articles will deal with the causes and treatments for halitosis, so tell your friends or family to follow them and I'll do the job for you.

Comments or questions are always welcomed



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