

BAD BREATH TREATMENTS AND CURES

"Dragon Breath" has people all over the world spending over \$1 billion a year on mouthwashes, mints, sprays, drops, gums, and other products that they hope will eliminate their problem. These products are a waste of money and they can actually worsen the odour.

MOUTH WASH AND BAD BREATH

Most commercial mouthwashes contain alcohol, which dries your mouth. The drier your mouth gets the more bacteria grow, since there is no saliva to wash them away. Furthermore, common mouthwashes and mints can place a coating on your tongue. This coating acts to seal the bacteria deeper into the tongue giving them additional protection to live and multiply. Now you finally know why your Plax and Listerine do not work to cure bad breath! Another problem with alcohol containing products is that they dry your teeth and make them sensitive to cold foods, not to mention increasing the risk of cavities.

MORNING BREATH

Almost everyone suffers from morning breath problems. This is very common because your mouth dries while you sleep, especially if you are a mouth-breather. Again, the drier the mouth gets the less saliva available to wash away the bacteria. Some people can temporarily mask their morning odour by brushing, flossing, or drinking water.

CHRONIC HALITOSIS - STUBBORN

Chronic halitosis, on the other hand, does NOT improve over time and does not go away with even your best efforts of home care. Halitosis is a social problem that affects over 50 million people and it can have devastating effects. People tend to form negative impressions about individuals who have bad breath. One's self esteem can be seriously impaired, while social and business relationships can suffer. We have seen patients who have even considered suicide because of their breath problem.

NORMAL HALITOSIS - CAUSES

Halitosis (Bad Breath), in otherwise healthy individuals, is caused by

- Bacteria that reside mainly on your tongue and between your teeth.
- The tongue is usually the major storage area for these odour-producing bacteria.
- The tongue becomes coated with bacteria, which ferment proteins and produce smelly gases (rotten egg odour). Your tongue is like a sponge because it has millions of crevices. It absorbs bacteria and gives them a place to hide.
- The "odour" of chronic halitosis results when bacteria in the mouth and on the tongue cause formation of sulphur compounds.
- When you use store bought products you place a coating on your tongue and help the bacteria out by "sealing" them down into the tongue crevices. Regular toothbrushes cannot remove these bacteria.

DO YOU HAVE BAD BREATH?

Are you unsure whether you have bad breath or not? Here is a simple test: ask a child! Another good way is to lick your wrist, let it dry, and then smell it. Sorry about that disgusting part, but you should know whether you suffer or not because it could be affecting your personal and professional life in more ways than you may imagine. Most people do not realize that they have bad breath. Your friends and family may be too diplomatic to tell you the truth, even when they turn away from a holiday kiss.

TREATMENT

We recommend that you see the Oral Hygienist every three to six months for a thorough screening and cleaning. She will explain the best way to clean your teeth, tongue and gums and recommend certain products specially indicated for the treatment of halitosis.

These products could include:

- Specific Mouthwashes
- Specific Toothpaste
- Dental Floss
- Tongue Scraper
- Electric Toothbrush

Use the tongue scraper to scrape your tongue from back to front. Hold the tip of your tongue between the thumb and forefinger of your opposite hand in order to decrease your

gag reflex and allow you to reach the back of your tongue. The harder you squeeze the tongue the less gagging you will encounter. This is the most crucial step!!! Don't hurry and don't skip this step. Gagging is a normal reflex. It will slowly subside after a few months.