

Fast Facts

Bad Breath

-Also called halitosis

-It can be caused by a wide variety of things, such as certain foods, habits, and health conditions

| <i>Symptoms</i> | <i>Treatment</i> | <i>Prevention</i> |
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| <ul style="list-style-type: none">-Bad breath-Gum disease-Dry mouth | <p><i>Practice good oral hygiene:</i></p> <ul style="list-style-type: none">-Brush teeth and tongue at least twice daily (ideally after every meal) with fluoride-containing toothpaste-Replace toothbrush when it becomes frayed (about every 3 – 4 months)-Floss at least once a day-Make sure dentures or other dental appliances are cleaned daily-Visit the dentist twice a year <p>-Avoid foods that produce bad breath, such as onions, garlic, and sugary foods</p> <p><i>Severe:</i></p> <ul style="list-style-type: none">-Use antibacterial mouth rinse or toothpaste (must get from a dentist) <p><i>Dry Mouth:</i></p> <ul style="list-style-type: none">-Don't use tobacco-Drink plenty of water-Chew gum or suck on candy (preferably sugarless)-Use artificial saliva preparations or medications | <ul style="list-style-type: none">-Same as treatment |

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