

What Can I Do About My Bad Breath???



Our breath is influenced in many ways. If you have bad or foul smelling breath, it is said that you have halitosis. One of the major reasons for bad breath is a systemic problem. This means that acids from your stomach are refluxing and entering the mouth. Another systemic issue can be sinus conditions. If you are constantly breathing out of your mouth due to your nose being stuffed, this can also cause bad breath. This type of bad breath is usually caused by dry mouth. Dry mouth causes the mouth to produce less saliva. This situation doesn't allow the mouth to clean itself properly and bacteria can grow rapidly in this environment. If you have any discharge from other areas than your mouth, you should consult a doctor to see if this may be the cause of your problem.

What is that smell coming from my mouth in the morning? This is a common question and the answer is another form of dry mouth. The best way to fix this problem is by removing the excess plaque and bacteria that has formed overnight. Once this is completed, the normal saliva flow will increase and start cleansing the mouth again. If you use mouthwash alone in the morning, the condition will temporarily improve, only to return later. The source of the odor must be removed before you use any mouthwash.

There are a number of other factors contributing to bad breath. These include the type of food you eat, whether or not you smoke, and your heredity. Some people are predisposed to have bad breath while others simply eat foods that are full of garlic or spice. When you smoke, it increases your risk of periodontal disease. The onset of periodontal disease increases the number of bacteria in your mouth which in turn will cause bad breath. To avoid periodontal disease, it's important to have a rigid oral health regimen. This includes brushing your teeth, gums, the surface of your tongue and your entire mouth in general! After you've brushed for at least 2-3 minutes, make sure you floss around the gum line. This is where the plaque hides out most of the time. Finally, make sure you get professional cleanings every 6 months. This will ensure that you keep up to date on your oral health and your breath stays fresh!