

#DM2002-32

“REMEDIES FOR BAD BREATH”

BAD BREATH IS SOMETHING NONE OF US WANT. IT MAY CAUSE SELF-CONSCIOUSNESS OR EMBARRASSMENT. FORTUNATELY, THERE ARE REMEDIES FOR IT.

IF YOU'RE NOT CLEANING YOUR TEETH PROPERLY, FOOD PARTICLES STAY IN THE MOUTH, ATTRACTING BACTERIA WHICH CAUSES BAD BREATH. TO LESSEN THE EFFECTS OF BAD BREATH PRACTICE GOOD ORAL HYGIENE. USE DENTAL PRODUCTS WITH THE ADA SEAL OF ACCEPTANCE.

FLOSS ONCE A DAY AND BRUSH TWICE A DAY PAYING SPECIAL ATTENTION TO THE BACK OF YOUR TONGUE. TRY KEEPING A JOURNAL OF THE FOODS YOU EAT AND MAKE A LIST OF ANY MEDICATION YOU'RE USING.

SOME FOODS AND MEDICATIONS MAY BE A CAUSE OF BAD BREATH. AVOID MINTS CONTAINING SUGAR, THEY ONLY MASK THE ODOR TEMPORARILY AND MAY CAUSE TOOTH DECAY.

BE AWARE THAT BAD BREATH MAY BE A SIGN OF A MORE SERIOUS HEALTH PROBLEM. IF YOU HAVE ANY QUESTIONS ABOUT YOUR BREATH, ASK YOUR DENTIST.

FOR THE ADA DENTAL MINUTE, I'M DOCTOR MARIA LOPEZ HOWELL.

Copyright 2002□

American Dental Association