BAD BREATH?
How to Get Rid of it for Good
Causes and Solutions for Bad Breath

Bad breath is a condition that affects 35 percent to 45 percent of individuals, according to the Huffington Post. This condition is also known as halitosis in the medical community.

If the problem persists for an extended period of time, it is known as chronic halitosis. Bad breath is more than just an embarrassment; it can be a sign of a much bigger problem.

Simply ignoring the problem or chewing on a breath mint is not normally enough to get rid of bad breath. Finding the root cause of bad breath and discovering a solution is the only way to be sure that the bad breath will be eliminated.

The Causes of Bad Breath

There are several causes of bad breath. These include foods, health conditions, and habits, according to the Mayo Clinic.

While some people are aware of their bad breath, others are completely oblivious to the problem.

If bad breath is suspected, rather than scheduling an appointment with a doctor, it is a good idea to simply ask others, such as friends or family, if the odor is offensive. If the answer is yes, it is time to look at what may be causing the bad breath.
The most common causes of bad breath include:

- Food/Drink
- Tobacco
- Poor Dental Hygiene
- Dry Mouth
- Mouth Infections
- Stones in Tonsils
- Postnasal Drip

**Food and drink** are among the most common causes of bad breath. Garlic, onion, and many spices can create bad breath when consumed.

Certain compounds in these foods, particularly those containing sulfur, can create odors that linger in the mouth and digestive system.

They can also travel through the blood stream to the lungs. The fumes produced by those compounds combine with the carbon dioxide that you exhale when breathing.

**Tobacco** can cause bad breath in more than one way. Chewing or smoking tobacco can cause a bad smell inside of the mouth that causes bad breath. Deterioration of the **lungs**, as well as gum disease from tobacco, can also cause bad breath. The longer a person smokes, the more likely they will suffer from bad breath.

**How to get rid of Bad Breath for good**
Poor dental hygiene is one of the leading causes of bad breath in individuals. Failure to remove food particles from in between teeth, along the gum lines, and in dental work like dentures or braces are all causes of bad breath. Other than leaving food in the mouth, lack of good dental hygiene can leave plaque on the teeth.

Additionally, the bacteria that exist throughout the mouth, teeth, gums and tongue can create excessive bad breath.

Dry mouth, also known as xerostomia, is a very common factor in bad breath. This problem is most notable at night, while sleeping, and it is the usual cause for morning breath.

Those who sleep with their mouth open have even more pronounced morning breath because this causes a drier oral environment.

Medication and problems with the salivary glands can also lead to dry mouth.

Mouth infections can be caused by poor dental hygiene, oral surgery, tooth removal, mouth sores, tooth decay, and gum disease. Any one or a combination of these problems can cause bad breath.

The problem is caused by an accumulation of bacteria or other offensive byproducts, which cause breath to smell worse than usual.
Stones in tonsils can develop and lead to bad breath. The stones develop bacteria that surround the tonsils and produce chemicals that are odorous in nature.

Stones can develop due to illness, or even in individuals who are otherwise healthy.

Postnasal drip is most commonly caused by infections or inflammations in the throat, sinuses and nose.

As fluids drip down the back of the throat, they accumulate and create bad breath when exhaled carbon dioxide passes by the dripping and accumulated fluids.

**Effects of Bad Breath on the Individual**

Anyone who suffers from bad breath may notice people do not want to remain near them for very long. While most people are not shunned entirely, they do notice a distinct distance between them and the people they care about.

In many cases, individuals are teased or ridiculed as a result of their offensive breath. Bad breath does not have an effect on the individual’s health, but it can create a feeling of loneliness or depression.

The reason to treat bad breath is not only to remove social stigmas, but also to solve possible underlying medical problems. Scheduling an appointment with a

**How to get rid of Bad Breath for good**
dentist is the first step in discovering the solutions that will ultimately solve bad breath issues.

Once the underlying problems for bad breath have been dealt with, the bad breath should cease.

Others will no longer stay away, and overall health will improve.

**Solutions for Bad Breath**

The solution for bad breath will depend on what is causing it in the first place.

If a medical problem exists within the body, it may require surgery or taking medication to solve the problem. Dentists ask a series of questions to understand the individual and what may be causing bad breath.

Additionally, an examination of the mouth will be necessary to decide if oral solutions exist or if a medical doctor will need to become involved with the situation.

Since the majority of bad breath cases are a result of poor oral hygiene, the first line of defense is for the dentist to fully clean the teeth and gums.

Instructions on how to maintain better oral hygiene will be prescribed, as well as a medicated mouth rinse.

*How to get rid of Bad Breath for good*
The objective is to minimize the amount of bacteria in the mouth as well as plaque on the teeth.

If the offending odor is caused by gum decay (periodontal disease), or a decaying tooth, more invasive solutions will be required.

Removing teeth, root planing and scaling, gum treatments and more may be necessary to enhance the overall health of the mouth.

Once the gums are healthy, the teeth are free from plaque, and there are no sores in the mouth, bad breath can be eliminated altogether.

If you have a serious bad breath problem, then call Dr. Darren Flowers now to book an appointment: 623-551-8000 or visit http://flowersdentistry.com/.