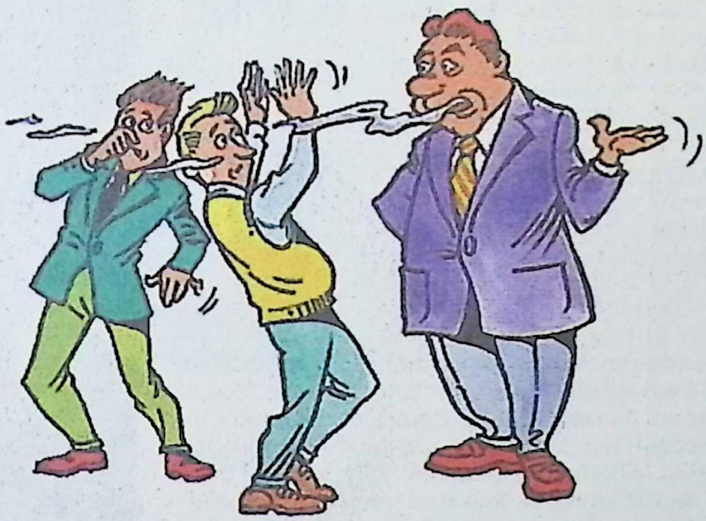
Preventing the Gust of Bad Breath

Have you ever been blown away by the pungent air while someone with bad breath converses with you? Different mouth freshener commercials or the fancy toothpastes promotionals which promise you with fresh breath might rule over the television, yet bad breath remains a very common problem among us. Halitosis, is a hard disease to assess. Because the interesting fact about Halitosis is: some people (who may not have it) worry too much about having this while others who have it might be unaware about it! In fact, bad breath can be a fleeting case of morning breath or it also could be a chronic oral disease. The pungent odour in our mouth can be triggered by many internal and external factors.



What turns the breath to bad breath?

Food. Certain kinds of food like onions, garlic, and other vegetables and spices can be the culprits behind causing bad breath. When we consume food, the particles of food stuck in and around our teeth can increase bacteria which could end up causing a stinking in the mouth.

Tobacco Products. Tobacco consumption can create obnoxious mouth odour. Different oral tobacco users are also more likely to get gum disease which might be the root of bad breath too.

Poor dental hygiene. If we don't follow right oral hygiene habit bad odour is a must. Brushing and flossing help removing food particles from our mouth, which mostly causes bad breath. Not only teeth, the rough surface of the tongue also can entrap bacteria which causes odours. Therefore cleanliness is the major condition of an odour free mouth.

Other causes: Dry mouth, oral infections, medications, some diseases like cancer, metabolic disorders, chronic reflux of stomach acids are also responsible for bad breath.

Don't let your breath stink:

A few changes in your oral hygiene habits and some simple self-care techniques can save you from being the unwanted individual among your friends and families. Brushing after every meal with toothpaste containing antibacterial properties has been shown to reduce bad breath odours. Besides brushing the teeth, using a tongue scraper for tongue cleaning can also reduce the bacteria, which is harboured on our tongue. The mouth guard users should clean the appliance before putting it every time inside the mouth with a dentist-recommended cleaning product. Avoiding excessive consumption of coffee, soft drinks, tobacco, and alcohol can also lead to a healthy mouth. Try to stimulate saliva with a chewing gum or candy; don't let your mouth get dry. The people who stick to the same frayed and rough bristled toothbrush for more than four months can have oral diseases which can create bad odour. If it's old, change it! And lastly there is no substitute of seeing your dentist on a regular basis — generally once or twice a year. Do it to get a germfree and zero odour mouth.

Source: Internet