

WHAT CAUSES BAD BREATH?



Bad breath, or halitosis, is caused by bacteria in our mouth. More than 80% of bad breath cases are linked to oral hygiene issues. Once you know you have a problem with bad breath, the next step is learning how to combat the problem.

01 POOR HABITS CAN CAUSE BAD BREATH

For instance, cavities or gum disease can lead to bad breath, as can tonsils that have trapped food particles, cracked fillings and less-than-clean dentures.



1.1 Bad mouth hygiene

Brush your teeth and floss at least twice a day to remove food particles and plaque between teeth! Don't forget to replace your toothbrush every 2 to 3 months or after an illness.



1.2 Gum disease

Bad breath, an unpleasant taste in your mouth, or red and swollen or bleeding gums after brushing or flossing your teeth could be the symptoms of gum disease. Your dentist can treat the disease or refer you to a specialist.



02 INTERNAL ORGANS' DISEASES CAN CAUSE BAD BREATH

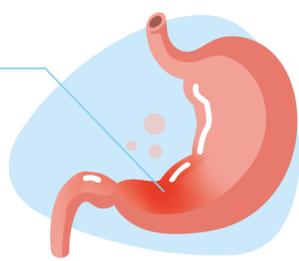
2.1 Diabetes

Researchers have found that infrared breath analysers can be effective in identifying if you have prediabetes or early-stage diabetes.



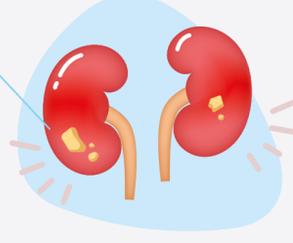
2.2 Stomach disease

In some cases, gastrointestinal conditions (bacterial infections of the stomach) may cause bad breath.



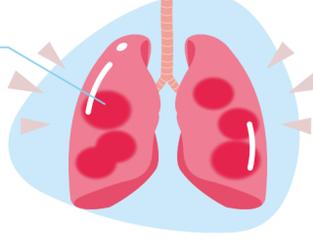
2.3 Kidney disease

One symptom of kidney disease could be ammonia breath, or an ammoniac or metallic taste in the mouth.



2.4 Pneumonia

A possible symptom could be bad breath beside chest pain, wheezing, fatigue etc. of aspiration pneumonia.



2.5 Sinusitis

When your sinuses become inflamed, causing the mucus to stop circulating and instead build up, this is a rich environment for bacteria to grow and multiply, and can result in a foul odour.



03 PSEUDOHALITOSIS

Pseudothalitosis is a psychological condition in which the individual feels as if they have a problem with bad breath, when in fact no problem really exists.

The good news is that it is often easier to treat pseudothalitosis than it is to treat actual halitosis. The patient needs to seek counselling in order to be convinced of the fact that they do not have any problem with their breath, to help them overcome the psychological part of the situation; then they can go about their normal life.



CONCLUSION

Bad breath caused by dental problems can be prevented easily. Daily maintenance calls for brushing your teeth, tongue and gums after meals, flossing, and rinsing with mouthwashes approved by the American Dental Association (ADA). Regular visits to the dentist (at least twice a year) should be made for dental examinations and for professional teeth and gum cleaning.