

PASS THE MINTS... THE FIGHT AGAINST BAD BREATH



Halitosis, known as bad breath to most - is an embarrassing condition that can affect anyone at anytime, and is caused by several factors. The most common causes of bad breath are preventable and easily treated, however certain medical conditions may also cause bad breath. Chronic halitosis may indicate an underlying medical concern that should be addressed by your dentist or medical doctor.

The main cause is the tongue as well as the food we eat and digestion. You really need to clean your tongue daily.

The food we eat can adversely affect our breath. Odors from garlic, onions, cabbage and certain spices may result in halitosis when the suspected food is absorbed into the blood stream after digestion. When the blood has transferred to the lungs, the smell from the food is evident when you exhale.

With eating comes digestion, another cause of bad breath. Gasses produced during the digestive process may escape through your mouth, emanating the odor it produces. Poor digestion resulting in constipation and disorders of the bowel may contribute to bad breath again, from the gasses that are produced during this process.

With good advice and helpful action, we can eliminate it in 99% of cases.

Start with a tongue cleaner - they are inexpensive and available in most chemists.

The truth, no tooth fairy stories.



Victoria Dental
Centre

