



Useful Advice on Fresh Breath

Bad breath is an extremely common problem. 96% of the adult population suffer from bad breath at some time in their life, but most people periodically worry about it. The difficulty is, of course, that bad breath is almost impossible to self-detect, so it's very easy to be oblivious to any problem and, it's not something people will usually tell you about, either. After all, it's such a taboo subject, even our best friends are unlikely to want to tell us.

This sheet explains what causes bad breath, it identifies some of the tell-tale signs and provides tips to ensure you enjoy the ultimate in fresh breath confidence.

WHAT CAUSES BAD BREATH?

Bad breath is principally caused by excess bacteria build up in the mouth as a result of inadequate oral hygiene. Thriving in the warm and oxygen-free environment, these bacteria feed on the cocktail of proteins, food debris and dead cells present leaving decay and gum disease in their wake and expelling foul-smelling gases.

There are also many other factors which can cause our breath to smell, such as:

Food breath – caused by what we eat. Avoided by omitting foods and liquids such as garlic, onion, fatty foods and alcohol.

Hunger breath – caused by a lack of food and liquids as we 'meal skip'. Overcome by ensuring we eat and drink regularly.

Water imbalance – avoided by having regular water intake.

Conditions of the nose, throat or sinuses

Dental disease – resolved by a correct oral hygiene routine and regular dental visits.

Morning breath – a usually, temporary, problem that occurs whilst sleeping when our salivary glands are at rest. This results in insufficient saliva to wash away bacteria.

Illness – usually short term

Hormonal changes

Stress



Hints and tips on how to achieve long lasting fresh breath.

1. Treat any identifiable causes (this may need antimicrobials).
2. Avoid foods such as garlic, onions and spices.
3. Avoid habits that worsen breath odour such as alcohol and smoking.
4. Take regular meals.
5. Eat a good breakfast, including fresh fruit regularly.
6. Brush twice daily as directed by your dental hygienist.
7. Use an advanced antibacterial toothpaste such as Oxyfresh.
8. Clean between your teeth daily as directed by your dental hygienist.
9. Use a tongue cleaner to remove bacteria accumulating on the tongue surface.
10. A mouth rinse reaches the places brushing cannot. Oxyfresh is especially formulated to absorb and remove the dead bacteria and debris from the mouth.
11. Pay regular visits to your dentist and hygienist.
12. Keep your mouth as moist as possible by chewing sugar-free gum.
13. If you have dentures, leave them out at night in cleaning solution.

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