

Bad Breath



Bad breath, also known as halitosis, is one of the most embarrassing conditions one can have. The most common causes of bad breath are preventable and easily treated.

Bad breath that lingers can be caused by:

- Certain foods we eat (garlic, onions, cabbage, certain spices, etc)
- Bacterial plaque and food particles on and between your teeth
- Untreated gum disease
- Bacteria you haven't brushed away from your tongue
- Dry mouth
- Medical Conditions

Solutions in preventing bad breathe:

- Brush your teeth/tongue and floss after every meal
- Have regular checkups with your dentist to rule out gum disease
- If your mouth is dry, drink plenty of water daily