


DAILY SMILE NEWS

The Dental Expression Newsletter

ISSUE #3

Topic Of The Month
CAUSES OF BAD BREATH



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Causes of Bad Breath

If you suffer from chronic and severe bad breath, which is known as halitosis, it is important to find the cause so you can determine the most effective treatment.

Halitosis has many causes. Here is a list of the most common causes of bad breath.

- ◆ Tobacco use
- ◆ What you eat (Garlic)
- ◆ Infections
- ◆ Food particles left in the mouth from not flossing
- ◆ Some diseases and illnesses



To Improve bad breath, one should follow a thorough oral care routine. Which includes brushing twice a day and flossing daily. Flossing helps to remove food particles and reduce bacteria that can cause bad breath. If you have a chronic problem with bad breath, you should see your dentist and try an antimicrobial rinse.



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