

BAD BREATH

Ninety percent of bad breath cases are caused by oral bacteria in the mouth—something that's easily treatable.*



What causes bad breath?

There are many things that can cause bad breath (halitosis). Some come from poor oral hygiene habits and others might be a sign of more serious health problems. Here are a few causes:

- eating foods with strong odors like onions or garlic—the odor is actually given off by your lungs after you digest the food
- not brushing or flossing regularly—this can cause bacteria to grow on your teeth, gums or tongue
- smoking or chewing tobacco
- gum disease
- dry mouth—this includes the common “morning breath”—when you don't have enough saliva to neutralize acids, bacteria can flourish
- diseases and illnesses from respiratory tract infections and allergies to chronic sinus infections and diabetes

* Rosenberg M. The science of bad breath. Sci Am. 2002 Apr;286(4):72-9.



Avoid bad breath by eliminating tobacco products



Brush and floss after each meal to remove food particles and odor-causing bacteria

What can I do about it?

Although the cure depends on the cause, most bad breath due to bacteria in the mouth can be eliminated by practicing good oral hygiene. This includes brushing and flossing after each meal to remove food particles and plaque, and also brushing your tongue. It also helps to drink lots of water to rinse the mouth and encourage the production of saliva.

The Sonicare toothbrush removes odor-causing bacteria from your teeth and gums and can also be used on the tongue where bacteria like to congregate. If your bad breath is caused by a buildup of bacteria, you could notice an improvement in just a day or two.