



Bad Breath

Bad breath can result from poor dental health habits and may be a sign of other health problems. Bad breath can also worsen by the types of foods you eat and other unhealthy lifestyle habits.

Your **dentist @Healthy Roots** will empower you with personalized solutions for bad breath, which will help you to improve self-confidence and improve relationships.

Q. What causes bad breath?

A. Bad breath is a very common problem and there are many different causes.

- Bacteria coat your gums and teeth and release smelly gases that can cause persistent bad breath.
- Bits of food caught between the teeth and on the tongue, will decay and cause an unpleasant smell.
- Strong foods like garlic, coffee and onions can add to the problem.

Your **dentist @Healthy Roots** will show you the best way to clean your teeth and gums, and show you any areas you may be missing, including your tongue, to keep your breath smelling fresh.

Q. Can other medical conditions cause bad breath?

A. Some medical problems such as throat, nose or lung infections, sinusitis, bronchitis, diabetes, liver or kidney problems can also cause bad breath.

Q. Can smoking cause bad breath?

A. Smoking also causes its own form of bad breath. Tobacco not only causes bad breath but also causes staining, loss of taste and gum disease.

Q. How can my dentist help?

A. If you think you have bad breath, discuss this with your **dentist @Healthy Roots**, they will help you establish a routine for keeping your mouth clean and fresh.

Regular check-ups will allow your **dentist @Healthy Roots** to keep a watch on plaque or bacterial built up on your teeth and they will be able to clean all those areas that are difficult to reach. They will also discuss the most appropriate brushing techniques with you to help address the problem. For example, if the odour is due to gum disease, your **dentist @Healthy Roots** can treat the disease.

In most cases, your dentist can treat the cause of bad breath. If we determine that your mouth is healthy and the odour is not of oral origin, you may be referred to a specialist to determine the odour source and treatment plan.

Q.Can I do something to prevent bad breath?

A.To keep your breath fresh, it is important to keep your mouth clean and fresh and get rid of any gum disease and tooth decay.

Your **dentist @Healthy Roots** will discuss the appropriate tooth brushing techniques, duration and frequency of brushing to help fight bad breath.

You will be given a diet chart and your sugary intake will be discussed to help fight dental decay which in turn will help prevent bad breath.

They will help you to demonstrate areas which are still left uncleaned after brushing and suggest methods to help clean them.

Q.What products can I use to eliminate bad breath?

A.You can buy a number of mouthwashes that claim to eliminate bad breath. However, many of these generally provide only a temporary way to mask unpleasant mouth odour. There are, however, several antiseptic mouth-rinse products that kill the germs that cause bad breath. Ask your **dentist @Healthy Roots** about which product is best for you.

Know Your Dentist



[Dr. Manisha Gupta](#)

Dr Manisha Gupta is a postgraduate in restorative dentistry from the prestigious University of Warwick and had been working as a consultant dentist in the UK for the past one decade. She is also a Member of the Royal College of Physicians and Surgeons of Glasgow.

Bringing her vast experience to India, she started Healthy Roots in Gurgaon in 2015 to offer international standards of clinical care to patients, with the help of modern and state of the art facilities and infection control practices.