



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Do you have Bad Breath?



Bad breath or Halitosis is the unpleasant odor emitted from the mouth. The frequency and duration of the condition varies according to the underlying cause..

Causes of Bad Breath:

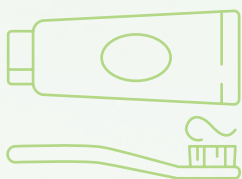
- Poor oral hygiene with accumulation of dental plaque (bacterial film) in mouth.
- Food (garlic, onion, fish).
- Tea, coffee, alcohol.
- Smoking and tobacco products.
- Tooth decay and gum diseases.
- Infection of ear, nose, throat, lungs.
- Chronic conditions gastric reflux, uncontrolled diabetes, liver and kidney diseases.
- Fasting, due to dry mouth.
- Medications causing dry mouth.
- Poor hygiene of dental appliances.



Bad breath is very common on waking up after sleep, after consumption certain food/drinks and due to poor oral hygiene. It usually subsides by maintaining good oral hygiene. If it persists, it may be due to some underlying medical condition.

Important tips

- Maintain good oral hygiene:
Brush twice a day with toothbrush and use other oral hygiene aids, [tongue cleaner, dental Floss (to clean between the teeth) and mouthwash]
- Visit the Dentist regularly:
 - Complete dental examination will detect tooth decay or gum diseases, which can be treated to prevent bad breath.
 - Routine cleaning of teeth by dental professionals.
- Bad breath caused by certain food and drinks can be reduced by brushing or rinsing immediately after eating. However, brushing immediately after intake of acidic food should be avoided.
- Drink plenty of water.
- Use sugar-free chewing gum.
- Stop smoking and use of tobacco products.
- Seek medical treatment for the underlying chronic diseases.
- Bad breath experienced during fasting can be prevented using miswak.
- Some medicines cause dry mouth, which leads to bad breath. Consult the doctors for alternative medicines.
- Maintain good hygiene of dental appliances like dentures, bridges, braces and retainers.





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