



The Medical **Bulletin**

In Dentistry

Bad breath (Halitosis)

The symptom of bad breath can be embarrassing and in some cases may even cause anxiety. It is also called halitosis.

Lots of commercial advertisements for the treatment of bad breath are overflowing like Gums, Mints, mouth washes etc. These are temporary measures because they don't address the cause of the problem..

Causes:

Most bad breath starts in the mouth, and there are many possible causes. They include:

Food: Food particles breakdown in and around the teeth can increase bacteria and cause a foul odor. Eating certain foods, such as Garlic, onions, and spices, also can cause bad breath. After these foods are digested, they enter the bloodstream, are carried to lungs and affect the breath.

Tobacco products: Smoking, alcohol cause its own unpleasant mouth odor. Oral tobacco users and smokers may have gum disease, another source of bad breath.

Poor dental hygiene: Food particles remain in your mouth If you don't brush and floss daily, causing bad breath. A colorless, sticky film of bacteria (plaque) forms on your teeth. If not brushed properly, plaque can irritate gums and eventually form plaque-filled pockets between the teeth and gums (periodontitis). Tongue also can trap bacteria that produce odors. Dentures that aren't cleaned regularly or don't fit properly may harbor odor-causing bacteria and food particles.

Dry mouth: Dry mouth or xerostomia (zeer-o-STOE-me-uh) can cause bad breath because production of saliva is decreased. Dry mouth naturally occurs during sleep, leading to "morning breath," and it worsens if somebody sleeps with mouth open.

Certain Drugs causing bad breath: are Disulfiram, Chloral Hydrate, Dimethyl sulfoxide. Others can be broken down in the body to release chemicals that can be carried on the breath.

Infections in the mouth: Surgical wounds after oral surgery, such as tooth removal, or as a result of tooth decay, gum disease or mouth sores can cause bad breath

Other mouth, nose and throat conditions: Bad breath can occasionally stem from the tonsils, Infections or chronic inflammation in the nose, sinuses or throat



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Psychological Diseases:

Depression, Hypochondria, Diabetic ketoacidosis and constipation.

Other causes. Such as metabolic disorders, Diabetes, some cancers, and conditions can cause a distinctive breath odor as a result of chemicals they produce. gastroesophageal reflux disease, or GERD can be associated with bad breath. Bad breath in young children may be contributed by a foreign body, such as a piece of food, lodged in a nostril.

Investigations:

Eliciting the appropriate cause by proper history taking, dental, clinical examination and relevant investigations

Treatment:

Treatment depends on elimination or modification of the causative factor and good oral Hygiene.

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