

# I DON'T HAVE BAD BREATH, DO I?



**If you have bad breath,  
begin by focusing on the causes:  
Your oral health and what you eat.**

## **Pollution solution**

Fresh breath is a must for positive first impressions. Scented mints, mouth rinses, flavored gums and chewing sticks may help provide cover, but masking some food odor requires heroic efforts. While bad breath may be difficult for others to face, at least you will be comforted to know that the lingering smells of foods like fish, green onions, coffee or alcohol do not threaten your oral health. Even so, food odors emanating from your stomach can result in a "first date" kiss of death.

## **More than gullet-deep**

Most causes of bad breath, 80% to 90% according to estimates, are in the mouth itself. The only real defense against this odoriferous offense is good dental hygiene. Brushing and flossing every day, along with professional

cleanings two or more times a year, can also reverse the early stages of gum disease and reduce the risk of tooth loss.

## **An investment in the future**

The time you devote to proper dental hygiene is an investment that will help eliminate future costs, as well as physical and emotional stress caused by poor dental health. Daily attention to your teeth and gums will help prevent dental problems from occurring or worsening. Moreover, maintaining a healthy oral state by brushing and flossing daily will enable your hygienist to do a good job of scaling and polishing your teeth so the standard cleaning procedure goes smoothly and takes less time. In addition, your commitment to oral health will help you to say goodbye to bad breath.