

Let's Talk About Teeth

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CONCERNED ABOUT YOUR BREATH?

Many people have concerns about bad breath - particularly in social situations. While many breath odors stem from certain foods, smoking, dieting, and "morning breath," chronic halitosis (the medical term for bad breath) is less common. It can stem from problems involving the teeth, gums, and tongue. For instance, even relatively mild gum disease can be the source of malodorous breath, as plaque and its hardened form, tartar, create pockets of infection. Heavy bacterial plaque can also form on the back of the tongue to putrefy and generate a variety of sulfur and other odoriferous compounds. Fortunately, bad breath can be addressed with professional dental care once an accurate diagnosis is made. Good oral health habits can contribute to reducing and eliminating halitosis: brushing and flossing daily as well as regular professional cleanings.

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