

## Bad breath can be caused by the following:

- **External factors** – foods such as onions and garlic, beverages like coffee and alcohol, and smoking.
- **Poor Oral hygiene**—where plaque and food particle debris is left on the teeth.
- **Oral disease** – gingivitis and periodontal disease.
- **Dentures**- plaque and food debris can form on dentures, which need to be cleaned daily.
- **Tonsils** – cryptic areas (crevices) in the tonsils can allow food debris to become lodged in the tonsil area.
- **Respiratory tract infections** – throat, sinus and lung infections.
- **Dry Mouth (Xerostomia)** – can be caused by salivary gland problems, medication, mouth breathing, radiation therapy and chemotherapy.
- **Systemic diseases** – Diabetes, liver, kidney, lung, sinus diseases and gastrointestinal

"Stinky teeth"



“About 75 percent of bad breath or “halitosis” is caused by the mouth itself. Other causes include gastric problems, sinus infections or severe gum disease,” says Mark Wolff, DDS, Ph.D., director of operative dentistry at the State University of New York at Stony Brook.



See Your  
Dentist On  
Your Time  
Off!

Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and is much less painful, expensive, and worrisome than treating conditions on board that have been allowed to progress.

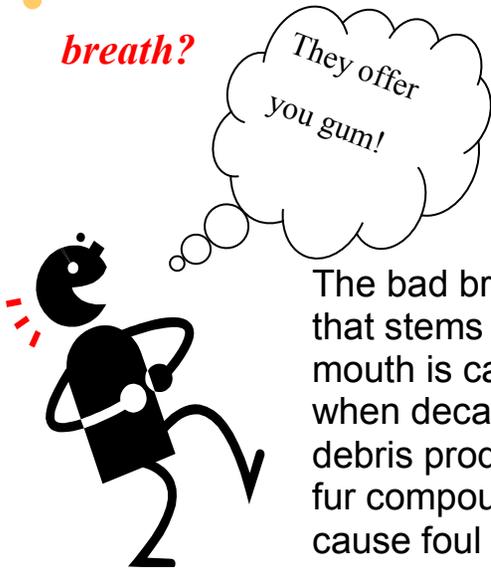
Published By Your Health Heroes

## Dental Care and Defense For Crowley Crews



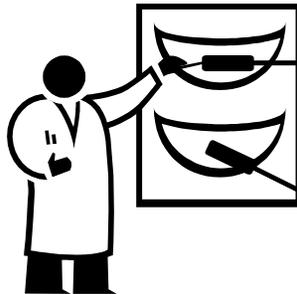
Bad Breath

*If someone doesn't tell me,  
how do I know if I have bad  
breath?*



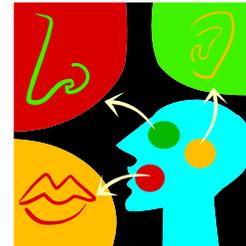
The bad breath that stems from the mouth is caused when decay and debris produce sulfur compounds that cause foul odor.

A Halimeter can detect the amount of sulfur-producing bacteria in the mouth, thus measuring how stinky is stinky.



"Licking the back of your hand, letting it dry, and smelling it is still a powerful tool to see if you have bad breath"

A person may not always know that he or she has bad breath. This phenomenon is because odor-detecting cells in the nose eventually become accustomed to the constant flow of bad smells from the mouth.



### Prevention

Bad breath caused by dental problems can be prevented easily. Daily maintenance calls for brushing your teeth, tongue and gums after meals, flossing, and rinsing with mouthwashes approved by the American Dental Association (ADA). Regular visits to the dentist (at least twice a year) should be made for dental examinations and for professional teeth and gum cleaning.

Bad breath also can be combated by drinking plenty of water every day to encourage saliva production. An occasional swish of the mouth with water can loosen food particles. Other products that keep breath fresh and prevent plaque from forming include sugar-free gum, sugarless lozenges, raw carrots and celery.

### How does Oral Disease Relate to Systemic Disease?

Recent research suggests a relationship between oral disease and systemic diseases (diabetes, cardiovascular disease, stroke, respiratory infections and Alzheimer disease) and other medical conditions.

When the gum tissue becomes inflamed causing gingivitis to occur, inflammatory mediators called cytokines that are in the gum tissue can enter your saliva and can also become aspirated into the lungs.

Bacteria that are responsible for periodontal disease can also enter the circulatory system around the teeth and travel to other parts of the body. Oral bacteria may cause secondary infections or inflammation of other tissues or organ systems in the body.

