



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: **Bad Breath**



- All of the food you eat begins to be broken down in your mouth. As food is digested and absorbed into your bloodstream, it is eventually carried to your lungs and given off in your breath.

- If you eat foods with strong odors such as garlic or onions, brushing, flossing or simply using mouthwash will cover up the odor for a short time. The odor will not go away completely until the food has passed through your body.



- If you don't brush and floss your teeth daily, food particles can remain in your mouth. This promotes bacterial growth between teeth, around the gums, and on the tongue causing bad breath.

- Odor causing bacteria and food particles can cause bad breath if dentures are not properly cleaned.



- Smoking, smokeless tobacco and any other tobacco based products can also cause bad breath, as well as many other oral health problems.

- Persistent bad breath or bad taste in the mouth may be warning signs of gum disease, which is caused by the buildup of plaque on the teeth. The bacteria cause toxins to form in the mouth, irritating the gums.



- The medical condition dry mouth can also cause bad breath. Saliva is necessary to moisten and cleanse the mouth by neutralizing acids produced by plaque.