Good Riddance of Bad Breath!

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Most of us go through the embarrassment of bad breath at some point of our lives. In fact, most people tend to remain unaware of the fact they have bad breath and do nothing about it. Also known as â€˜halitosisâ€™ among dental professionals, it is believed that almost half of the adult population of the world suffers through this and they donâ€™t even know about it.

What could be the Causes of Bad Breath?

There are a number of external as well as internal factors that result in bad breath among people.

Types of food that one consumes are a major external factor which influences bad breath. For example, spicy foods and foods with strong odour such as garlic, onions, tuna and some Mexican dishes tend to instigate bad breath. Tobacco, cigarettes and alcohol also set off bad breath in a person. If you believe that the nature of your breath has something to do with the type of foods you consume, it is recommended that you start taking notice of foods that donâ€™t suite you too much and avoid consuming them in the future, especially in social settings.

There are also a number of internal factors that influence the physiology of the body and consequently result in bad breath. The tongue is a common place for bacteria to attach and breed. These bacteria typically create compounds known as Volatile Sulphur Compounds (VSCs) which are the source of bad breath. VSCs such as hydrogen sulphide and mercaptan are typically found in the back of the tongue.

Other Causes of Bad Breath

Besides social embarrassment, Vancouver based dentists are strongly propagating ways to rid oneself from bad breath because it has a direct correlation to oneâ€™s oral health as well â€“

Bad breath as a result of poor oral hygiene, periodontal diseases and gingivitis.

Development of food and plaque on dentures.

Lack of saliva flow in the mouth or dry mouth

Chronic diseases or other conditions such as lung infections, abscess, failure of the kidney or the liver, diabetes, gastrointestinal problems.

Sinus or throat infections; cryptic tonsillitis or other mouth, nose of throat related issues.

People who frequently go on diets are also known to have problems with bad breath.

Prevention of Bad Breath

Simply consuming mouth fresheners to eradicate bad breath isnâ€™t a practical solution. While it may be solving the problem temporarily, it is important for you to get in to the root of the problem. If you are facing problems with your breath, you first need to identify the probably source of the issue. If it is an external factor that is resulting in your condition, it is easier to simply make some lifestyle and habitual changes and the problem will be solved.

On the other hand, if it is an internal problem, it is strongly recommended that you visit a dental expert for advice on how to take care of your system and ensure good oral health.

Simultaneously, it is also recommended that you drink a lot of water to facilitate good digestion and keep your mouth clean at all times.

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By the article author wants to inform all readers about trends of a Vancouver Dentist for oral and overall health.

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