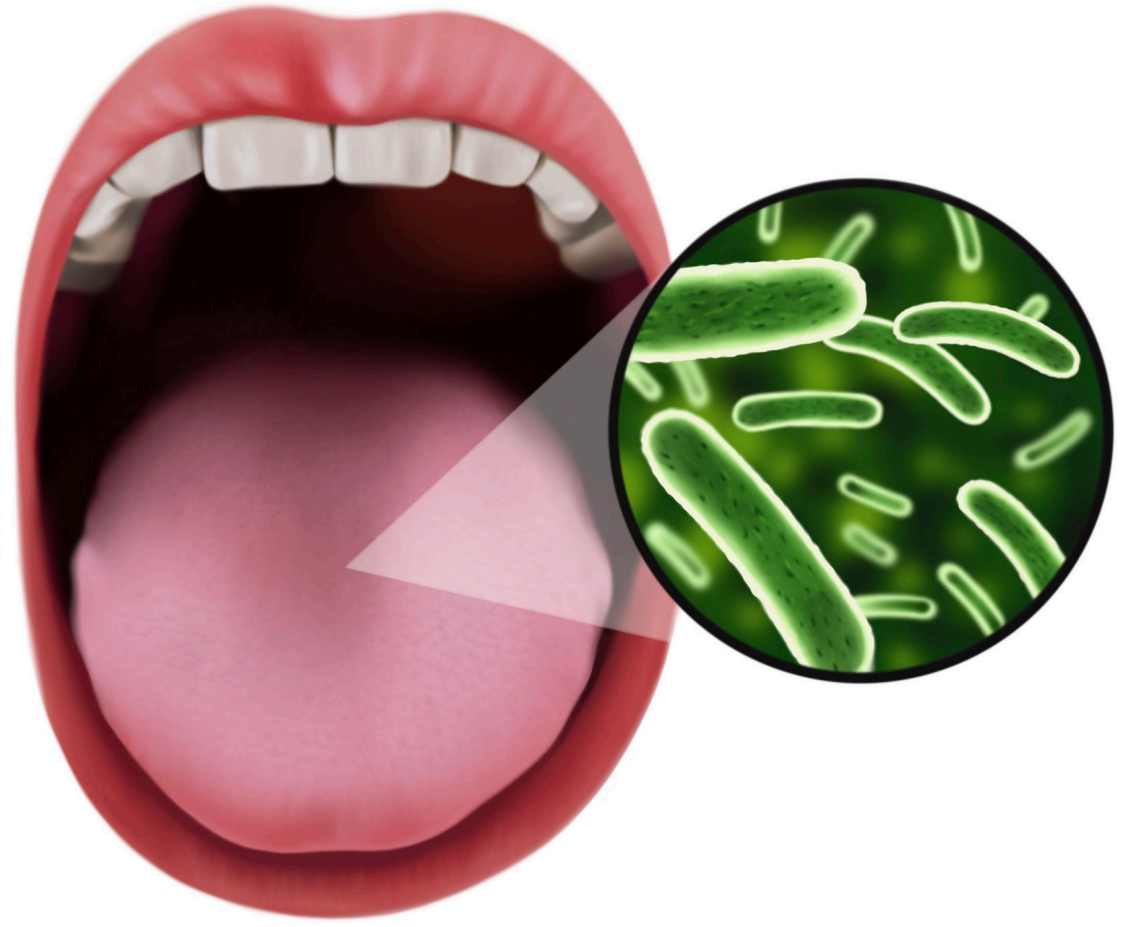


Halitosis aka Chronic Bad Breath

Halitosis is the medical term for chronic bad breath. If bad breath doesn't go away after brushing or rinsing with mouthwash, it may be because an underlying oral health issue or condition is causing the odor.

Halitosis can be a symptom of different conditions, and may be caused by a variety of issues. Halitosis is a common oral health issue, affecting about 30% of people at some point in their life. Most causes of halitosis are not life threatening and can be treated with home remedies, medications, and regularly brushing, flossing, and using non-alcoholic mouthwashes.



Bacteria Buildup on Gums

What Can Cause Halitosis?

- Certain foods like garlic and onion
- Poor oral health
- Gum disease
- Bacteria buildup on your tongue
- Dry mouth
- Underlying health conditions like respiratory (breathing) diseases, sleeping disorders, and diabetes

How Can You Treat and Prevent Halitosis?

- Brush, floss, and rinse with non-alcoholic mouthwash regularly
- Brush your teeth AND your tongue
- Drink plenty of water to keep your mouth hydrated
- If your bad breath doesn't go away, see your doctor or dentist to talk about potential causes and treatments

