

# WHAT CAUSES BAD BREATH EVEN AFTER BRUSHING

## Bad Breath: Symptoms, Causes, & Treatment



Bad breath is complex in that it has both emotional and physical repercussions. Everyday our dental team here at Heritage Dental Group hear about the distressing emotional consequences of bad breath, and they see the negative health implications inherent in severe bad breath.

### SYMPTOMS AND EFFECTS OF BAD BREATH



#### Emotional/Health

**Emotional** - Insecurity in relationships and social interactions  
**Health** - Bad breath acts as warning sign of dental infections or other medical conditions

### CAUSES OF BAD BREATH

Many foods cause bad breath, but here are some of the most common: raw onions, garlic, canned tuna, fermented vegetables, horseradish, spicy foods, coffee, and alcohol.

#### Odor Causing Foods



#### Bad Habits

Smoking of any kind and tobacco usage can cause noticeable alterations in your breath. This type of odor does not respond well to home treatments.

**Bacteria** in your mouth can create a by-product of stinky gases called Volatile Sulfur Compounds or VSCs. Avoid VSCs by regularly and correctly brushing, flossing, and using mouthwash.

#### Poor Oral Hygiene



#### Dental Problems

Dental infections are the most common form of chronic severe bad breath. These infections provide the perfect hiding spots and breeding grounds for bacteria, **and they stink.**

Many medications can cause dry mouth. In a dry mouth, bacteria can proliferate more readily, leading to heavier plaque build up and a higher risk for dental diseases.

#### Medications



#### Health Conditions

In some instances health conditions can cause mouth odor. Some of the most common odor causing health conditions include chronic sinus infections, post-nasal drop, persistent throat infections, stomach infections, severe acid reflux and GERD.

### TREATMENT FOR BAD BREATH

There are several self treatments you can start today to help reduce bad breath. Consider changing your diet, brush up on your oral hygiene, quit any smoking and tobacco habits, and drink plenty of water.

#### Self Care



#### Professional Care

When self care is not sufficient you will need professional treatment to control mouth odor. A dental professional will be able to provide personalized oral hygiene education, dental treatment of active diseases, rule out any other oral origin of bad breath, and as needed refer to a medical doctor.

WANT TO KNOW MORE? GET IN TOUCH!

512-246-7645

AveryRanchDental.com