



WHY BAD BREATH

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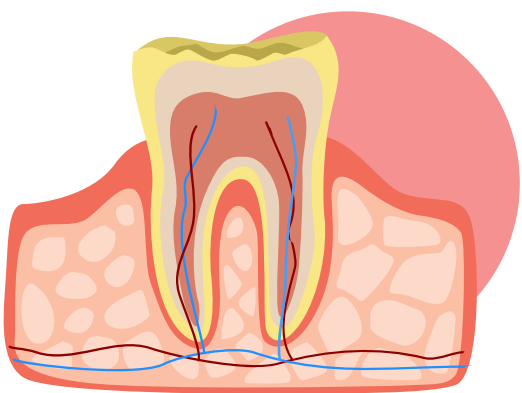


POOR ORAL HYGIENE

Neglecting proper brushing and flossing allows food particles and bacteria to build up, causing bad breath. Brushing twice daily, flossing, and using mouthwash can help keep your breath fresh.

DRY MOUTH (XEROSTOMIA)

Saliva helps wash away bacteria, but a dry mouth allows them to thrive. Dehydration, certain medications, or sleeping with your mouth open can cause dryness. Stay hydrated, chew sugar-free gum, and avoid alcohol-based mouthwashes to keep saliva flowing.

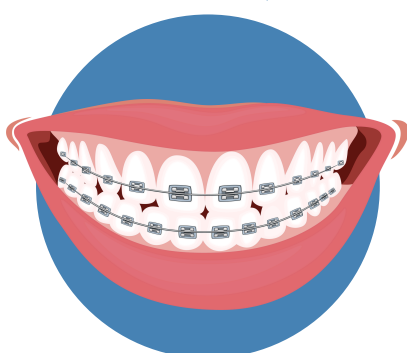


GUM DISEASE & TOOTH DECAY

Bacteria from gum infections and cavities produce foul odors. Regular brushing, flossing, and dental checkups help prevent oral health issues and keep your breath fresh.

MEDICAL CONDITIONS

Sinus infections, acid reflux, diabetes, and kidney disease can contribute to bad breath. If the issue persists despite good oral care, consult a doctor to address potential underlying health problems.



POORLY CLEANED DENTURES OR BRACES

Dental appliances can trap food and bacteria, causing bad breath. Clean dentures daily and follow proper brace care to maintain oral hygiene.