

## **Bad breath is better than no breath ... but only just!**

### So what causes bad breath?

As the mouth's membranes are replaced, the cells which break down release volatile sulphur compounds (VSC.) These are noxious smelling chemicals. However they are normally washed away in the saliva. If however, there is an increase of the rate at which the cells break down and are replaced, there will be a huge increase in the amount of VSC's in the mouth. This results in classic halitosis. Various ingredients in food, (garlic, onions and some spices,) some drinks and tobacco also cause bad breath.

### What causes an increase in the rate of cell turnover?

- large amounts of plaque and bacteria on the teeth
- stress - psychological or physiological
- various infections
- a weakened immune system

### What can I do?

First and foremost, your teeth have to be completely clean and smooth. This can be achieved by having teeth cleared of any plaque, tartar and staining by the oral hygienist. Then you must maintain this by regular brushing and inter-dental cleaning with small brushes, inter-dental wedges and/or dental floss. The correct tooth paste as well as a mouth rinse is also essential. Whilst most mouth rinses only mask the problem, the American product Retardex, actually dissolves the VSC's.

**Fresh breath, gives you confidence, and piece of mind!**