

## HEALTH TIPS FOR THE MONTH OF NOVEMBER 2017

### **BAD BREATH MANAGEMENT**

Steps to make your mouth feel fresh and clean.

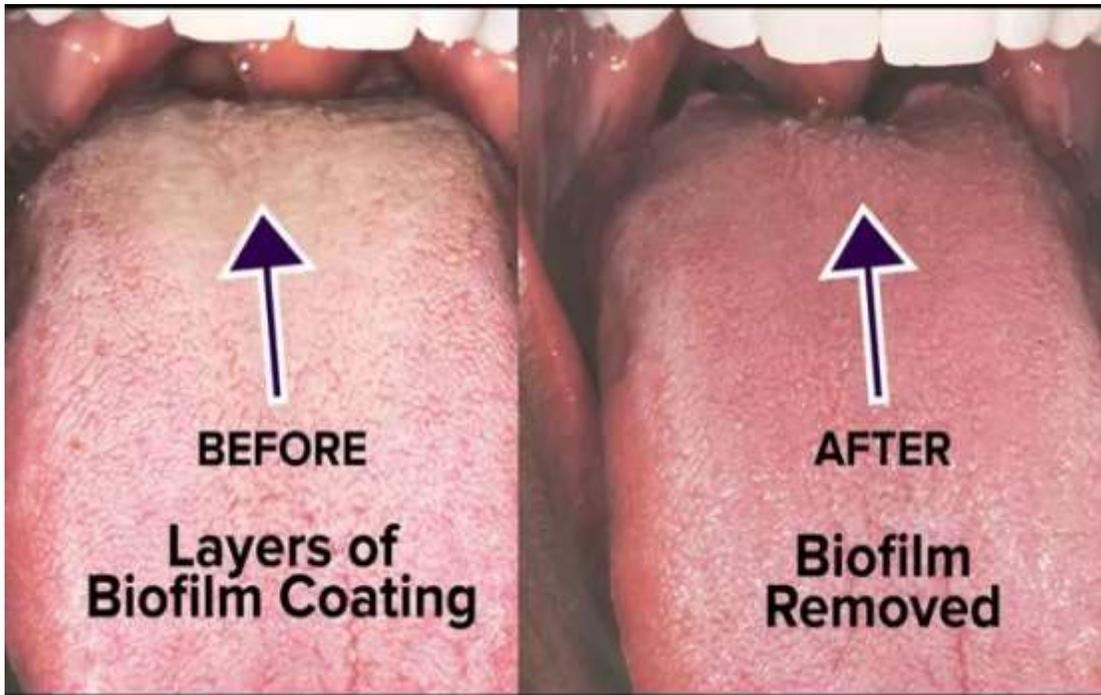
1. Brush and floss more often:

Plaque, the sticky buildup on teeth, collects bacteria that cause bad breath. So brush and floss teeth at least twice a day or concerned about breath, do it a little more often. Do not overdo things, if brush is too hard it can wear down teeth, making them vulnerable to decay.



2. Scrape the tongue:

The coating that normally forms on tongue can be a host for smelly bacteria. To get rid of them, gently brush it with tooth brush/ scraper.



3. Avoid foods that sour your breath:

Onions and garlic are big offenders. However, brushing after eating them doesn't help. The substances that cause bad smells make their way into blood stream and travel to lungs to breathe them out. So do not eat them, or at least avoid them before going to work or see friends.



4. Kick the tobacco habit:

Besides causing cancer, smoking can damage gums, stain teeth and give bad breath, so stop it.



5. Rinse the mouth:

Besides freshening breath, mouthwashes add extra protection by getting rid of bacteria that can cause bad breath. Choose one that kills germs/  
Swish mouth with plain water after eating to get rid of food particles that get stuck in teeth.



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6. Skip after-dinner mints and chew gum instead:

The bacteria in mouth love sugar. They use it to make acid. This wears down teeth and causes bad breath. Chew sugarless gum instead. “Gum stimulates saliva, which is the mouth’s natural defense mechanism against plaque acids, which cause tooth decay and bad breath”.

7. Keep gums healthy:

Gum disease causes bad breath. Bacteria gather in pockets at the base of teeth, which creates an odor. So consult dentist at least yearly once.



8. Moisten your mouth:

If mouth is dry, drink plenty of water during the day. Chew sugarless gum/ suck on sugar-free hard candy/ try a humidifier at night to moisten the air in house.



9. Seek doctor's help:

If bad breath continues despite best efforts, make an appointment with doctor. He'll check to see if problems are related to a medical condition & advice or treat accordingly.

“A HEALTHY OUTSIDE START FROM INSIDE”



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