

BRUSH AWAY BAD BREATH MYTHS

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MYTH #1:

Bad breath results from poor digestion in the stomach.

TRUTH #1:

The majority of bad breath comes from the back of the mouth where bacteria feed on mucus and food particles.

MYTH #2:

Brushing eliminates bad breath.

TRUTH #2:

Most people do not brush their teeth properly. Missing too much tooth surface where bacteria grows creates bad breath odors masking bad breath but not eliminating the odors caused by bad breath.

MYTH #3:

Mouthwash treats bad breath.

TRUTH #3:

Mouthwash contributes to the formation of bad breath by creating a dry mouth which is a perfect area for bad breath bacteria to grow.

Importance of Dental Care:

More than Just Bad Breath

- Numerous studies have found that those who coordinate care for both medical and dental care have better overall health.
- A study found that those treated for periodontal disease had lower healthcare costs and fewer hospitalizations than those who went untreated.
- On average, non-dental healthcare costs for people with diabetes or stroke were almost 40% lower if their gum disease was treated.
- The risk of Cardiovascular Disease, Coronary Artery Disease, and Peripheral Arterial Disease are much greater in those who do not go to their dentist at least annually.

MYTH #4:

Bad breath can be cured with the use of probiotics or hydrogen peroxide.

TRUTH #4:

There is no definite proof of their effectiveness; a person can damage the tissues in the mouth from rinsing regularly with hydrogen peroxide.

MYTH #5:

People can tell if their own breath smells.

TRUTH #5:

We become used to our own odors, since the bad smell comes from the back of our mouths when we speak, the only way to tell is to have someone smell it for us.

MYTH #6:

There is no cure for bad breath.

TRUTH #6:

You can cure foul breath if it is more than the case of morning breath, seek out clinics that specialize in oral hygiene as it may indicate another health problem.

