

Published based on [Do You Have Problems With Bad Breath?](#)

Do You Have Problems With Bad Breath?

You will find thousands of individuals that have complications with bad breath, which is identified as [halitosis](#) in the medical world. You will find specific kinds of medical conditions that could cause bad breath, and it can also occur when a person does not have superior dental hygiene habits. A person's way of life and particular kinds of foods that are eaten can also cause this sort of predicament to become worse.

Medical Conditions and other Challenges that could Cause bad breath

There's basically a wide range of distinct medical conditions that could cause a person to have bad breath. Some of the most common would incorporate the following:

- Bronchitis
- Acid reflux that's chronic
- Pneumonia and other infections of the respiratory tract
- Challenges with the liver
- Sinus infections that are chronic
- Diabetes
- Challenges with the kidneys
- Postnasal drip

You will find also dental complications that could be the culprit for causing bad breath. In plenty of circumstances when a person notices their breath has a foul odor, it can be normally a signal that they have periodontal or gum disease. Plaque that builds up on a person's teeth will usually cause gum disease and persistent complications with bad breath. This is caused from toxin causing bacteria that will form in a person's mouth when they don't follow superior dental hygiene practices. The gums will also become sensitive and irritated at the same time. When complications like this are not adequately treated it can eventually cause the jawbone and gums to suffer permanent damage. Dental caries, dental appliances that don't fit correctly, and yeast infections of the mouth are a few of the other dental complications that could result in bad breath. Xerostomia or dry mouth is yet another medical condition that could cause bad breath. This can be a condition that's regularly caused from a person that constantly breathes through their mouth, complications with the salivary glands, and from specific kinds of medications.

Poor Lifestyle and Dental Habits that Cause bad breath

Bacterial growth can basically start out growing about the gum line, in between the teeth, and on the tongue if flossing and brushing just isn't a common component of a person's dental hygiene. Not just do poor habits like this result in dental complications, but it also causes bad breath. Improper cleaning of dentures and partials can also result in odor caused from the growth of bacteria. Other poor habits that could cause the breath to smell poor incorporate cigarette smoking as well as the use of chews that are tobacco-based.

Effects on the Breath that Certain Food Items Can Have

Regardless of the sort of food you eat, it goes through the method of getting broken down, which starts in the mouth. It is actually then digested and some of it can be also absorbed in the blood, eventually producing its way into the person's lungs. This may be the really reason that a person's breath normally smells like the foods they have eaten. Foods like onions and garlic can cause [bad breath](#), as they have a tendency to have a really powerful odor. Odors that are caused by these foods also remain on a person's breath until they have totally made their way through the body.

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