

Published based on [The Facts About Bad Breath](#)

The Facts About Bad Breath

We have all had an experience where you've been required to speak to someone and you have been unable to concentrate on their response because of their poor breath. The medical term for this condition is known as halitosis and there could be numerous causes for it. However, the end result is always the exact same and it can be described as the presence of foul smelling gases in exhaled air.

So, what causes this to occur? Nicely, you will find two primary kinds of halitosis and one is simpler to explain than the other. The very first kind is called transient poor breath and this can be caused as a result of a number of seemingly innocuous elements. Having a dry mouth, which could be due to thirst, stress or nerves, can trigger bad breath as can particular food stuffs. Powerful smelling food such as garlic, onion or other heavily spiced dishes can linger on the breath of the person who consumed it. Smoking is another factor which can cause poor breath and poor oral hygiene is really a certain way to halitosis. Saliva is able to kill a particular degree of bacteria within the mouth but it does need to be helped by the use of toothbrushes, toothpaste and mouthwash. Probably the most common type of transient poor breath is commonly recognized as morning breath. This occurs as a result of your mouth remaining relatively still for a lengthy time period and so your saliva production is slowed drastically and the bacteria build up overnight. Brushing your teeth within the morning removes the bacteria and so removes the odour.

Chronic poor breath is a much more serious condition and it is persistent and tough to treat. It can affect as much as 25% of the population and is caused as a result of particular types of bacteria being produced in excessive amounts. Treatment is not readily available and the clinics which are starting to appear tend to just be outlets for a bad breath product which claims to remedy the problem but which doesn't treat the cause. As such, these items are only temporary relievers of the problem and not a cure.

A third type of halitosis is recognised however it is really a side impact of the more significant condition of chronic liver failure. This type of bad breath is known as fetor hepaticus and is described as smelling as foul as a freshly opened corpse.

For many, poor breath is seen as something comical and people who suffer from it are ridiculed and avoided. Nevertheless, for the sufferers themselves it can cause actual psychological difficulties. Many find it tough to form relationships as well as to speak to individuals as they're conscious of the odour. They are able to turn out to be extremely depressed and withdrawn.

For those whose bad breath is of the transient type, many things could be done to rid yourself of it. It is known that the majority of smells come from bacteria produced by food debris which is trapped in the mouth. Following a great oral hygiene routine, such as brushing and flossing, will remove these pieces of food and so prevent the bacteria from building up. Using mint flavoured mouth washes, chewing gums and lozenges can mask the problem briefly but don't rid the trigger permanently. However, if you're on the go they can be helpful until you're able to clean your teeth thoroughly

You can also find this article published on [The Facts About Bad Breath](#), and on the tag pages [Breath](#), [condition](#), [garlic onion](#), [poor oral hygiene](#), [result](#), [spiced dishes](#).