

BAD BREATH

Q:

I am in my 50s and have been struggling with bad breath for years. I have tried different ways to solve this problem, such as brushing my teeth and rinsing regularly, but the bad breath does not seem to go away. What are the real reasons for bad breath and is there any way to solve this problem? Do I really need to visit a dentist so that I can remove bad breath once and for all?

A:

Many people suffer from bad breath (medically called halitosis) and very often, the only person who fails to notice it is the person affected. Most people are too polite to comment on another person's bad breath. You may have to turn to your family member or a close friend to tell you if you have bad breath.

90% of the bad breath originates from the mouth, where millions of bacteria break down food debris, creating by-products called volatile sulphur compounds (methyl mercaptan and hydrogen sulphide) and emitting a smell similar to rotten eggs. When there are food particles in your mouth, they promote bacterial growth between teeth, around the gums and on the tongue, especially at the back of the tongue.

Bad breath can be caused by:

- Poor dental hygiene, such as infrequent or improper brushing and flossing, leaving food particles to rot.



Raymond Lim

Dr Raymond Lim graduated from the National University of Singapore with a Bachelor of Dental Surgery (B.D.S.). In 2013, he founded the B9 Dental Centre, which has placed emphasis on acquiring latest medical technology, maintaining strict hygiene standards and providing quality services to the

patients since the beginning. Thanks to the clinic's comprehensive expertise and trusted service, Dr Lim has seen early success, with the current three clinics opened within the first year of operation to meet the increasing demands and requests from the patients, ensuring high customer satisfaction.

For the past three years, B9 Dental Centre has always been providing quality services at a price which is fair, reasonable and transparent. It has garnered recognition from the patients and in the industry through various awards, motivating Dr Lim and his team to work even harder. The team hopes to change the way people see and understand dental care, and to offer better service to the patients.

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- 2016** The Prominent Brand
- 2015** The Entrepreneur of the Year (EYA)
- 2015** EYA for Social Contribution
- 2015** The Industry Star Winner
- 2015** Top 10 Special Achievement in Excellence in Patient Care
- 2015** International Chinese Entrepreneur
- 2014** Top 10 Special Achievement Awards in Dental Care



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- Infections in the mouth, such as cavity or plaque build-up, leading to gum disease.
- Dry mouth caused by salivary gland problems, medication or mouth breathing.
- Health problems or infections of the pharynx, lungs or stomach, such as chronic bronchitis, gastrointestinal disturbance, liver or kidney ailment.
- Dieting.
- Other factors such as alcohol or mouth rinse that contains alcohol, foods like garlic, onion, spicy foods, hunger, tobacco, braces and dentures.

If your breath is consistently less than fresh, try the following dentist-approved methods:

- Do not skip your tongue: Remember to brush your tongue every time when you clean your teeth.

- Brush and floss: If you do not floss on a daily basis, you are missing out on cleaning 35% of your teeth surface. Bacteria tend to form on these surfaces, causing bad breath.
- Use mouthwash recommended by your dentist: If you are brushing and flossing consistently but still suffering from bad breath, you may want to consider using mouthwash to rinse. However, do not rinse more than 3 times per day.
- Quit smoking.
- Keep the mouth wet by drinking water.

If none of the methods is working, schedule a time to see your dentist. Chronic bad breath can be a sign of even bigger problems, and early detection is the key to effective treatment. **PRIME**