

Finally a cure for bad breath

35% of the World's population has a chronic, noticeable breath condition. This first group has bad breath concerns 24 hours a day, including food odours, taste disorders, dry mouth and of course morning breath.

35% are "border line" meaning that their breath seems fresh throughout the day, but they can reach "chronic levels" if they eat certain foods (dairy, alcohol, sugars), after taking medication (antihistamines, antidepressants, high blood pressure medications), and always when they wake up, in other words 'morning breath'.

The remaining 30% rarely worry about their breath. The only exceptions are when they eat garlic and onions, or upon waking.

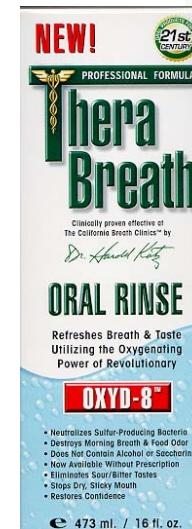
Almost all causes of bad breath and taste disorders involve a group of anaerobic sulphur producing bacteria that live below the surface of the tongue, in the throat, often in the tonsils and between the teeth. They react to changes in their environment by producing odours and bad tasting volatile sulphur compounds such as hydrogen sulphide (the rotten egg smell), methyl mercaptan (similar to the odour of old socks) and several other chemicals.

Causes of bad breath:

- A dry mouth
- Post nasal drip
- A diet high in proteins (dairy foods, red meats, beans, Atkins Diet etc)



- Smoking
 - Alcohol (in adult beverages or surprisingly in your mouthwash)
 - Hormonal changes
 - Medications which have dry mouth side effects.
 - History of diabetes
 - Special food diets (i.e. The Atkins Diet or other high protein diets)
 - Excessive use of 'old fashioned' oral products (containing alcohol and sodium laurylsulphate)
- The only way to eliminate bad breath is to change your existing oral environment so that it is 'less friendly' to creating and sustaining to the volatile sulfur producing anaerobic



know the extent of your problem.

At Duxton Dental the bad breath treatment usually comes after your initial examination and first visit with the hygienist to rule out any other causes. If the bad breath remains we go ahead with therabreath. If you are happy with your current dentist but would like just bad breath treatment this is also possible.

The treatment to cure your bad breath...

Sulphur doesn't survive when exposed to oxygen. Therabreath's oxygen based products have been scientifically proven to eliminate the causes of bad breath. We simply tailor the products to suit your personal requirements.

To receive that fresh clean breath, call the team at Duxton Dental on 03 348 5488 or email info@duxtondental.co.nz today for an appointment or visit our website on www.duxtondental.co.nz.

bacteria which cause bad breath and taste.

So how can you test your own breath? Good question. It is impossible to smell your own breath by simultaneously exhaling and cupping your hand up to your nose and smelling. Your body is designed in such a manner that you cannot detect your own odour this way. Its a human process called 'Acclimation' which is necessary so that we are able to smell other things besides ourselves.

At Duxton Dental a halimeter is used. This machine is a clinically proven technique for measuring volatile sulphur compounds in expired breath.

You simply blow into a straw which is connected to the machine. This will let you