

Take that breath away

Bad breath can take away a lot from your relationships. Here are expert tips on how to avoid it...

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Halitosis is a term used to describe noticeably unpleasant odours exhaled in breathing. Wikipedia says that Halitosis has a significant impact — personally and socially — on those who suffer from it or believe they do (halitophobia), and is estimated to be the third-most-frequent reason for seeking dental aid, following tooth decay and periodontal disease.

Dr Mukul Dabholkar, cosmetic dentist says, “Bad breath is one of the most embarrassing and distressing conditions, especially with today’s lifestyle issues like working long hours, skipping regular meals, lifestyle diseases, systemic diseases like diabetes, hiatus hernia, liver problems, etc.” He says, “The neglect and failure to attend conditions causing bleeding gums which could be localised in the mouth can cause severe bad breath.”

Bad breath can cause relationship issues if not handled well. There have been instances when

Out of politeness I tolerated it for a while but then later I just gave up. He broke off with me when I told him about it,” says a young collegian Tinkle Gada.

Experts say that bad breath is caused by improper oral hygiene. Sometimes it is also due to hormonal changes. Dr Dabholkar says, “Bleeding gums caused by abnormal chewing habits; vitamin deficiency, cancer and chemotherapy, drugs etc can lead to Halitosis.” Other causes of this disease is dehydration etc.

Following simple tips can help you to avoid bad breath. So this Valentine’s day make sure your breath is cool and fresh so that you can share those intimate moments.

DSS

FOR A FRESHER BREATH

- Drink adequate water
- Eat low calorie small meals every 2 hours.
- Brush teeth twice a day with toothpaste.
- Use mouthwashes; change brands regularly.
- Use tongue cleaner.
- Avoid foods like garlic, alcohol, onion.
- Get investigated for systemic conditions like gastritis, hiatus hernia, diabetes, liver disease, if the condition is not caused by bleeding gums and gum disease.

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