They say smiling is the next best thing we can do with our lips- kissing is the first. But how can you kiss a person if he has a terrible breath? Oh no!

Halitosis or chronic bad breath in layman’s term is concomitant to one’s poor oral hygiene. Basically, everything that we eat is crushed inside the mouth, with the aid of the saliva, tongue and teeth, these foods are with different composition, taste and odor. These what gives foul odor to the mouth if not properly cleansed and rinsed. Food with strong odor are those that usually causes bad breath even after fluoride toothpaste treatment and mouthwash. Consistent consumption of these plus bad lifestyle and hygiene often lead to halitosis.

Smoking is another direct cause of bad breath. The chemicals on tobacco and cigarette produced dreadful and grim odor itself that is directly transferred to the smoker’s mouth. Smoking also dries the saliva that functions to rinse the glut or surfeit food particles in one’s mouth- causing bad odor. Chemicals of smoking and drying of mouth because of it contribute mainly to one’s awful smelling breath.

More severe health problems are also associated with halitosis, these includes gastric reflux, diabetes, kidney or liver disease also sinus and throat infections that deal with bacteria.

People with long term halitosis may cause them anxiety also. At first the person with halitosis is heedless and ignorant of the situation because he may develop tolerance from it, unless people around him like family or friends would tell not to humiliate him but to help him treat the disease. Patients suffering from oral malodor distance themselves with other people because of fear of social judgement and prejudice. They will have difficulty connecting socially because of the condition even after it is treated.
Oral hygiene is the main key in resolving the issue of oral malodor, bad breath or halitosis. Proper flossing of teeth, and proper brushing with fluoride toothpaste, use of mouthwash are just few practices that could help an individual lessen if not rapidly treat the problem. Healthy lifestyle goes hand in hand with hygiene likewise- quit smoking, and limit alcohol and coffee intake. They should also seek appropriate medical and dental assistance to ultimately treat the problem.

Proper hygiene is a must for a healthy and problem free life, as a saying goes cleanliness is next to godliness.

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