



Radiant dentistry from the inside out

“Kissability” and a quest for fresher breath

Bad Breath or halitosis is an unpleasant condition and a cause for embarrassment for many individuals. We all experience bad breath from morning breath to eating foods like onions and garlic, but this is only temporary. There are no foods that can be attributed to the bad breath that plagues nearly 40 million people.

Volatile Sulfur Compounds (VSCs), are what create the odor of bad breath. VSC's are released with the breakdown of food particles, dead cells, saliva and blood. These sulfur producing bacteria typically accumulate in the crevices of the hard and soft tissues of the mouth and primarily on the back of the tongue. This is why keeping your breath fresh starts with the tongue. These bacteria hide deep in the pockets of the tongue where toothbrushes cannot reach. Try these tips for fresher breath and elimination of the malodor caused by these bacteria:

- Your daily regimen should include mechanical action of proper tooth brushing, flossing and deep tongue cleaning. Floss sticks and oral irrigation devices are great tools. **Tongue scrapers** are designed specifically to remove odor causing compounds and bacteria to freshen breath.
- Neutralize these foul smelling compounds with an active ingredient such as zinc in **dentist prescribed mouthwashes** designed for this purpose.
- Add 3-5 exposures of xylitol each day. Products sweetened with 100% xylitol can reduce plaque levels by 50%. This reduces decay and gum disease which can lead to *fresher breath*.
- **Eliminate habits** such as *tobacco use*: including cigarettes and smokeless tobacco.
- Be knowledgeable about other conditions or disease entities that may be a root cause of bad breath. For example, *dieters* can experience bad breath odors as the body breaks down its reserve of fat for energy releasing ketones (organic compounds) in the breath. *Dry mouth* can also cause bad breath. It may be caused by over the counter and prescription medications or breathing continuously through the mouth. Saliva substitutes can be prescribed in these cases along with increasing your fluid intake or sucking on sugarless non-acidic candies. Persistent bad breath may also signal other medical conditions such as local infections, signs of gum disease, respiratory tract infections, post nasal drip, chronic sinusitis, diabetes, gastrointestinal disturbance, liver or kidney ailment, reflux of the stomach contents and oral or pharyngeal cancer.

If bad breath concerns you or a family member, call us to identify the cause and develop a plan to eliminate it.

TOOTH TALK Summer 2010 HEALTH & WELLNESS

Sport safety and our teeth

One “very vital” form of sports equipment often forgotten about is the protective mouthguard. Children, as well as adults, need this protection.

Each year, injuries occur while playing basketball, baseball, skateboarding, biking and even non-contact sports such as gymnastics. Nearly every sport can harm your teeth, lips, cheeks and tongue. A properly fitted athletic guard is an essential part of the athletic gear. Many experts recommend wearing them for any recreational activity that poses injury to the mouth.

Mouthguards provide varying degrees of protection. A custom-fitted mouthguard professionally made in the dental office can be made sport specific to the demands of the athlete. Mouthguards should be resilient, tear resistant and comfortable.

If you participate in sports activities and you are not using a mouthguard, call us before it is too late.

Our sport specific mouthguards are custom fabricated, comfortable, durable and are easy to clean and do not restrict your speech. Ask us about these at your next visit!

Think twice before drinking that can of **soda** or giving one to your child! Fact: 10 tsp. of sugar in one-12 oz. can. Research suggests a strong link between soda consumption and serious health risks such as diabetes, obesity, nutritional deficiencies, osteoporosis, kidney stones and tooth decay. Also loaded with empty calories and unhealthy ingredients are energy drinks, coffee and sports drinks. We care about you as a **total person**, not just your teeth!

Dr. Minadeo-Fox and Staff

Our **tooth whitening special** is back by popular demand, visit us today and receive half off our in office treatment. Regularly \$346 now \$173 through August 30th, 2010.