



People can have bad breath due to certain foods, health conditions or habits. In many cases, you can improve bad breath with proper dental hygiene. If simple self-care techniques don't solve the problem, you may want to see your dentist to make sure it is not a serious health condition.

HOW CAN I TELL IF I HAVE BAD BREATH?

Bad breath odors vary depending on the source or the underlying cause of the bad breath. Because it is difficult to determine how your own breath smells, ask a close friend or relative to confirm your bad breath questions.

WHEN TO SEE A DENTIST

Before you see your dentist, try to make some lifestyle changes, such as brushing your teeth after eating and using dental floss.

If you continue to have bad breath after making such changes, you should see your dentist. He or she may also refer you to a doctor to find the cause of the odor.

CAUSES

Bad breath may be caused by:

- Food
- Dental problems
- Dry mouth
- Diseases
- Mouth, nose and throat conditions
- Tobacco products

TREATMENTS

Treatment for bad breath depends on the cause and may include certain toothpastes or mouthwashes. If your bad breath is caused by an underlying health condition, your dentist may refer you to a doctor.

HOW TO PREVENT BAD BREATH

Here are some tips to prevent or improve bad breath:

- Brush your teeth at least twice a day, especially after meals. Remember to brush your tongue, too.
- Floss at least once a day.
- Clean your dentures at least once a day or as directed by your dentist.
- Drink plenty of water.
- Drink less alcohol and coffee. Avoid other food or beverages that can make bad breath worse.
- Change your toothbrush every three to four months. Choose a soft-bristled toothbrush.
- Avoid or quit smoking.
- Schedule regular dental checkups, at least twice a year.

Source:

- MayoClinic

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某些食物，健康問題或習慣會令口腔產生異味。多數情況下，口臭能通過正確的口腔衛生護理而得到改善。如果簡單的自我護理並不能解決問題，您可能需要約見您的牙科醫生，確保這並非由嚴重的健康問題所致。

如何確定我有口臭？

口腔的異味會根據導致口臭的來源或主因而變化。一個人通常很難判斷自己的口腔有沒有異味，所以您需要通過詢問朋友或家人來幫助確定是否有口臭。

何時需要見牙科醫生？

約見牙科醫生前，先嘗試改變一些生活習慣，例如餐後刷牙及堅持使用牙線。

如果您在改變上述習慣後，口臭的問題仍然持續，您就應該約見您的牙科醫生。他/她可能會轉介您到其他醫生去查找口臭的原因。

原因

口臭可能由以下原因所致：

- 食物
- 牙齒健康
- 口乾
- 疾病
- 口、鼻、喉的狀況
- 煙草產品

治療方法

治療口臭的方法取決於其導致的原因。治療的方法包括使用某種牙膏或漱口水。如果您的口臭是由健康問題所致，您的牙科醫生可能會轉介您到其他專科醫生。

如何預防口臭？

以下是一些關於預防或改善口臭的提示：

- 每天至少刷牙兩次，特別是用餐後。記得把舌頭也刷一刷。
- 每天使用牙線。
- 每天至少清潔一次假牙，或按照牙科醫生的指示。
- 飲用大量的水。
- 減少飲用含酒精和咖啡因類飲品。避免使口臭惡化的飲食。
- 每三至四個月更換一次牙刷，並選擇軟毛刷頭。
- 避免吸煙，或戒煙。
- 定期進行牙科檢查，並至少每年檢查兩次。

資料來源：

- Mayo Clinic

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