**SDC**
*Superior Dental Care®*
A Medical Mutual® Company

**DENTAL HEALTH TIP**

# Banish bad breath
## with healthy oral hygiene habits!

### Good oral hygiene helps to keep your breath fresh

Most bad breath starts in your mouth. Failing to clean your mouth thoroughly after eating and drinking can leave food particles on your teeth, gums and tongue. This debris promotes bacterial growth, which leads to bad breath. Removing this bacteria not only helps with smelly breath, but also helps prevent oral disease and tooth decay.

### Choose your foods wisely

What you eat affects your breath. Eating spicy foods or those with strong odors can result in bad-smelling breath. Rinsing with mouthwash, brushing and flossing will help to mask the odor temporarily, but often the smell lingers after you cleaned your mouth. This is due to odor-causing bacteria passing into your blood stream and later passing out of your body through your pores and lungs.

### See your dentist regularly

Preventive check-ups with your dentist are very important. In addition to a cleaning, your dentist will provide an oral exam to check for health issues linked to oral bacteria. Discuss any bad breath concerns with your dentist. Health problems associated with bad breath include diabetes, chronic acid reflux, gum disease, heart problems, sinus infections and more. Your dentist can help identify these conditions during a routine check-up.

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