

Health Advice

I've got bad breath! Help!

What causes it?

- 90% of cases are caused by the activity of bacteria in the mouth
- Highly flavoured foods and stomach upsets can also cause bad breath.
- Rarely, it may be caused by some diseases, e.g. diabetes

What can I do about it?

- See your dentist so that a thorough assessment can be made
- Have regular professional hygiene appointments
- Clean your [tongue](#) daily
- Control the activity of bacteria in the mouth following your dentist's recommendations

Further Advice

- Don't rely on mouthwashes alone - they can mask the problem
- If you have bad breath don't ignore it - do something about it by seeking professional advice