

Advice from St. Paul Dentist: How to Get Rid of Bad Breath

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Chalet Dental Care, a dental practice based in St Paul, MN, has released a blog post that explains several ways of getting rid of bad breath. Foul odor from the mouth can be an embarrassing, life-changing, and traumatic event. Causes of bad breath include poor dental hygiene, consuming flavored foods and drinks, drinking coffee, drinking alcohol, consuming high sugar content foods, smoking, dry mouth, and prescription medication.

Bad breath, which is also known as halitosis, is usually caused by poor oral hygiene. This is because food particles get stuck in between teeth resulting in a sticky buildup of plaque that contains bacteria causing bad breath. In addition, the uneven surface of the tongue and the tonsils can also hasten the trapping of food particles and the bacteria that produce a foul odor in the mouth. Poor oral hygiene will also cause other unwanted conditions, such as cavities, gum disease, and periodontal disease. These conditions also contribute to foul mouth odor. The best defense against this is good oral hygiene and using an antibacterial mouthwash to eliminate bacteria.

When bad breath is caused by poor dental hygiene, a dentist can help in several ways. The dentist may recommend periodontal disease treatment, root canal treatment, dental teeth cleaning, oral surgery and other general dentistry services to both young children and adults, and may also recommend artificial saliva as well as other treatments to help in getting rid of bad breath. The dentist may also suggest drinking plenty of water, adding fluoride to the person?s daily routine, practicing good oral hygiene, and undergoing an oral exam.

Consuming flavored foods and drinks can also cause bad breath. After eating foods, such as garlic, onion, and certain vegetables, food particles that cause odor travel through the bloodstream and are carried to the lungs where they stimulate the creation of bad odors while the person breathes.

Coffee can also cause bad breath. The strong flavor of coffee stimulates the production of saliva but after drinking coffee, the caffeine causes a decrease in saliva production. Insufficient saliva results in an increase in bad breath causing bacteria. In the same way, alcohol can also cause bad breath. Excessive drinking of alcohol will also result in the reduction of saliva, providing an environment that is conducive for bacteria that cause bad breath. Smoking can also lead to bad breath because it damages the gums and causes serious oral health issues, such as gastroesophageal reflux disease, kidney disease, gum disease, acid reflux, stomach acids, tooth decay, and salivary gland issues. These will worsen any existing oral health problems that are related to bad breath.

Consuming foods with high sugar content can also cause bad breath. The bacteria inside the mouth will feed on the sugars from foods like biscuits, sweets, chewing gum, and spicy foods, producing foul-smelling chemicals. And consuming a low-carb and high-protein diet can also result in bad breath. High protein foods are difficult to digest when they are not metabolized, they release sulfurous gases. Eating a more balanced diet, including more herbs and vegetables, can help prevent bad breath.

A dry mouth can also result in bad breath because saliva can keep the mouth clean by washing away food particles that are consumed by bacteria that cause bad odors. Thus, prescription drugs that cause dry mouth as a side effect can also cause bad breath. Furthermore, when certain medications are metabolized by the body, they release chemicals that can cause smelly breath.

Chalet Dental Care was founded in 1984 and was taken over by Dr. Brent Fredrickson in 2000. Dr. Fredrickson and his team of experienced dentists are focused on providing precision cosmetic dentistry and comprehensive dental care. They have a gentle dentistry approach for creating beautiful and healthy smiles for the whole family, in a friendly and cozy environment. Each patient is provided with customized care to help patients achieve their goals and preferences.

When in need of the services of a St. Paul dental clinic, people can visit the Chalet Dental Care website, or contact them on the phone or through email. They are open from 7:00 am to 5:00 pm, from Monday to Thursday, and from 7:00 am to 1:00 pm on Fridays.

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For more information about Chalet Dental Care, contact the company here:Chalet Dental CareDr. Brent Fredrickson(651) 413-9150chalet@chaletdental.comChalet Dental Care1651 Dale St NSt Paul, MN 55117

Chalet Dental Care

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