Disclaimer

This movie is an educational resource only and should not be used to manage your health. All decisions about the management of bad breath must be made in conjunction with your dentist or a licensed health care provider.
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INTRODUCTION

Bad breath or Halitosis is a common problem that affects a substantial number of people in all countries around the world. It affects your rapport with colleagues or classmates and can be a major source of embarrassment. Bad breath may also be a sign of health problems and should not be ignored.

In order to learn more about bad breath, it is important to understand the normal anatomy of the mouth.
Normal Tooth Anatomy

The structures in the mouth that can harbor bad breath include the teeth, gums, and tongue.

Teeth: A tooth has 2 main parts: Crown and Root.

- Crown
- Root

Crown is the part of the teeth which is seen in the mouth.

(Refer fig. 2)

Root is the tooth part which is inside the jaw bone.

(Refer fig. 3)

The crown has three layers:

- Enamel
- Dentin
- Pulp

(Refer fig. 4)

(Continued in next page)
Enamel
This is the white hard covering over the crown. It does not have a blood supply.

(Refer fig. 5)

Dentin
The dentin is just below the enamel.

(Refer fig. 6)

Pulp
The nerves and blood vessels in the innermost layer of the tooth are called pulp.

(Refer fig. 7)

Gum or Gingiva
The gums or gingiva are also known as periodontium. It is composed of bone and pink gummy tissue and is a part of the soft tissue lining of the mouth. The gums surround the teeth and provide a seal around them.

(Refer fig. 8)
Healthy gingiva is usually coral pink in color. Any change in gum color, increased redness, swelling or an increased tendency to bleed may suggest an inflammation, possibly due to accumulation of bacterial plaque. This can be a cause of bad breath if untreated.

(Refer fig. 8)

**Tongue**

The tongue is a muscular organ that is covered with soft tissue called mucosa. The top surface of the tongue is the dorsal surface and the under surface of the tongue is the ventral surface. There are tiny projections on the surface of the tongue called papillae. There are 3 types of papillae but the one that is most concerned with Halitosis is filiform papillae.

These papillae grow to a certain length and then break off. This shedding happens on the anterior or front part of the tongue because of constant motion and frequent contact with the teeth. This shedding is slower on the back part of the tongue so the papillae tend to grow longer. This is an ideal place for bacterial growth which can lead to bad breath and what is called coating of the tongue.

(Refer fig. 9 & 10)
What is Halitosis?

Halitosis is an oral health condition characterized by unpleasant odor coming from the mouth that can be caused by dental diseases or respiratory or gastric disorders. It is also commonly referred to as bad breath.

Bad breath can be caused from leftover food particles in the mouth. Food particles can stick between the teeth, gums and on the tongue. If the teeth are not brushed properly these food particles can rot causing a bad smell in the mouth.

Food particles also help contribute to bacteria growth in the mouth. Bad breath can also be a sign of a health problem so it is important to see a professional for an evaluation of the cause of your Halitosis.

Symptoms of Bad Breath

Symptoms of bad breath can include the following:

- Bad breath smell
- Dry mouth and the teeth
- White coating on the tongue
- Bitter metallic taste
- Carious teeth (cavities)
- Tooth infection

(Fig. 11)
There are many different causes of bad breath. Some of the more common causes include the following:

- Accumulation of food debris in the mouth
- Build up of bacteria within the mouth causing infection
- Poor oral hygiene
- Dental diseases such as caries, gum diseases, and mouth sores.
- Hormonal factors such as menstruation and pregnancy
Medical diseases such as sinusitis, lung infection, tonsillitis, liver or kidney diseases, and diabetes.

Certain medications

Certain foods and drinks

Smoking

Vitamin deficiencies

(Fig. 12)
Diagnosis

Medical History: You will be asked about your medical history for conditions that can cause bad breath and for medicines that can cause dry mouth. Dietary history and personal habits will also be assessed.

Dental Examination: Your dental practitioner will perform a thorough examination of your teeth, gums, mouth and salivary glands.

(Refer fig. 13)

Some tests your health provider may order can include:

- B-galactosidase test
- BANA-test
- Halimeter
- Odor rating

B-galactosidase test

Some tests your health provider may order can include:

BANA-test

BANA-test done to indicate the presence of certain halitosis related bacteria.

Halimeter

This is a monitor used to test for levels of sulfur emissions in the mouth air.

Odor rating

This tests the level of odor and gives a rating.

If systemic diseases are suspected as the cause of bad breath, further tests may be ordered such as:

(Continued in next page)
Blood Tests

To rule out certain medical conditions

Endoscopy

This procedure involves passing a narrow scope with a camera and light down into the stomach to assess for abnormalities

X-ray of abdomen and chest

To rule out any abnormal conditions.

Treatment

The first step of treatment for Halitosis involves identifying the cause of bad breath. Treatment measures include:

- Maintaining good oral hygiene - brushing and flossing the teeth regularly.
- Tongue cleaning with toothbrush
- Use of mouth washes

(Continued in next page)
Use of mouth washes
Rinse your mouth after every meal
Quit Smoking and Tobacco chewing

Dental diseases such as caries and gum diseases should be properly treated by your dentist.

Medical diseases: Bad breath resulting from systemic illness may be a long term problem and has to be treated with proper medical care.

Prevention

Some measures for preventing Halitosis include:

- Avoid foods and beverages with strong odors
- Avoid sugary foods that help to feed the bacteria in the mouth
- Rinse your mouth after eating
- Maintain good oral hygiene
- Regular visits to your dentist
Disclaimer

Although every effort is made to educate you on bad breath and take control, there will be some issues not discussed. Talk to your dentist or health care provider about any concerns you have about bad breath.
YOUR SURGERY DATE

READ YOUR BOOK AND MATERIAL

VIEW YOUR VIDEO/CD/DVD/ WEBSITE

PRE - HABILITATION

ARRANGE FOR BLOOD

MEDICAL CHECK UP

ADVANCE MEDICAL DIRECTIVE

PRE - ADMISSION TESTING

FAMILY SUPPORT REVIEW

Physician’s Name:  
Physician’s Signature:  
Date:  

Patient’s Name:  
Patient’s Signature:  
Date:  

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