

Bad Breath and You WONDERING if you have bad breath?

Studies reveal that 70 per cent of Aussies admit they won't tell their friends, family, colleagues or even partners if they have bad breath. They'd rather suffer through the discomfort than bring up what can be an embarrassing subject - which may leave you at a disadvantage, without knowing it. But with over 30 per cent of Australians suffering from bad breath, it's a common problem.

So Dr. Geoffrey Speiser, bad breath expert and founder of the Australian Breath Clinic, has devised a personal breath check list to help you determine if you're suffering from bad breath. And if you're still unsure if you have halitosis, or want to do something about it, The Australian Breath Clinic offers a unique treatment as well as public breath tests at selective dental sites across the country during 'Dob in Bad Breath Week', November 12-18.

FIVE QUESTIONS TO ASK YOURSELF ABOUT BAD BREATH

- 1) Do you practice good oral hygiene yet never really feel fresh? Bad breath is an imbalance of bacteria in the mouth, tongue, throat and nasal passages. It's an infection of the oral cavity and odour is the only clinical sign. It's common to find halitosis in people who have immaculate mouths and are in good health.
- 2) Do you often feel unsure about your breath? You can't smell your own breath, but you may pick up on negative reactions of people around you. If your radar is telling you that there is a problem, chances are, you're right.
- 3) Do others give you lots of space? Bad breath odour is composed of three main gases: hydrogen sulphide which can be likened to the smell of rotten eggs; methyl mercaptan which resembles the smell of faeces; and dimethyl sulphide which can smell like cabbage or gasoline. If others turn away or step back quickly when you open your mouth that's a sure sign you're not smelling like roses!
- 4) Do you frequently have a dry mouth or feel as if your tongue is coated? Approximately 80-90% of bad breath cases are the result of protein breakdown by undesirable bacteria that live on the back of the tongue. By-products of this protein breakdown produce foul smelling gases which make the breath unpleasant.
- 5) Do you take medication for chronic illnesses? Bad breath occurs when the natural balance of the mouth is changed. This occurs most commonly with chronic illness and the on-going intake of medications for conditions such as high blood pressure, indigestion and allergies. The good news is - bad breath is treatable by a unique probiotic system developed by the Australian Breath Clinic. Run by dentists, the Clinic allows bad breath sufferers to avoid embarrassment and remain anonymous by purchasing their products by phone or website, or they can choose to visit the Clinic for a personal consultation.

To book an assessment, contact 1300-653-335 or log on to www.dobinbadbreath.com.au to find out more about keeping your breath fresh. In these consultations patients undergo a personalised lifestyle examination, saliva quality testing, breath testing and dental examination (if necessary) to determine the best treatment for their personal requirements. Presented by leading dental and health experts including those from the Australian Dental Association, National 'Dob in Bad Breath' Week is aimed at reducing the stigma associated with bad breath and raising understanding of its causes and treatments.