

HEALTH MATTERSSunday Mornings

Take better care of your health and the health of your loved ones.

HEALTH MATTERS WITH DR JOHN D'ARCY

While 30% of Australians suffer from bad breath or halitosis most of us won't be told we have a problem because people are too embarrassed to bring up the subject. But we should ... because bad breath can cause social problems in relationships and workplace and in some extremes agoraphobia, unemployment and depression.

Well now, here's our chance to kindly tell someone because this week is Dob in Bad Breath Week and dental clinics throughout Australia are offering free breath testing. My next guest is a dentist and someone who peers into people's mouths every day he has a good idea just how bad some people's breath really is! Welcome Dr Geoffrey Speiser.

- 1. Pretty bold name for a campaign.** Do we really have trouble telling people about oral hygiene? Yes, John, we do. We commissioned research asking that exact question. The results really surprised me! It told us that 70 per cent of Australian's were unlikely to tell someone if they suffered from bad breath That almost 10 per cent of Australians feel uncomfortable with telling a family member that they have a breath problem And that, 63 per cent of Australians would not tell their boss about bad breath, even though they worked everyday with them!
- 2. What is National 'Dob in Bad Breath' Week all about?** National 'Dob in Bad Breath' Week is aimed at reducing the stigma associated with bad breath. We want to raise understanding about a condition which affects over 30 per cent of Australians. That 'Dob In Bad Breath' Week is not dissimilar to the depression debate of the last twenty years. We want to bring this condition 'out of the closet'
- 3. There are many causes of bad breath including health reasons. What is the most common?** That's a great question John, because people understand lifestyle contributes to bad breath, like smoking alcohol and foods. However, what most people don't
- 4. Does brushing your tongue and the roof of your mouth help?** Absolutely. Any technique that helps remove bacteria waste helps. In fact using a tongue cleaner and brushing is better than brushing alone. I recommend a simple three step program for treating bad breath. Use Probiotics to establish healthy mouth bacteria . Clean the coatings daily from the tongue teeth throat and gums. The bacteria will only grow in coatings that are more than 24 hours old. Avoid lifestyle triggers that stimulate bad breath bacteria.
- 5. What is happening around the country this week to make people more aware of bad breath?** 'Dob in Bad Breath' Week is a national campaign and will involve doctors and dentists discussing bad breath to bring it 'out of the closet'. The launch of a website, www.dobinbadbreath.com.au where the public can read all sorts of things, from peoples bad breath stories, to treatments for bad breath, or even tell their own story to help others. The launch of a breath support group to compassionately help sufferers. Public bad breath testing. And finally the launch of a nationwide poll that shows Australians are not comfortable discussing this embarrassing topic.

There is quite a lot going on. If someone has bad breath or knows a sufferer then there are three things they can do: First up they should consult their doctor or dentist to rule out any medical and dental problems that may be causing the bad breath

Next people can contact myself and my team at the Dr Speiser's Australian Breath Clinic through our website or call our toll free number: 1300 653 335 for advice Otherwise they can personally contact me on dentist@breezecare.com for a discussion