

Somebody told me I had bad breath!



Bad breath is one of the most embarrassing social problems that people face, and eliminating it can prove to be more difficult than most people realise. If you suffer from bad breath, Anzac Avenue Dental has the solution.

Most people think that bad breath (halitosis) is caused by poor brushing. In some cases this is true, but for many people, it is a sign of a problem involving bacteria that collects at the back of the tongue, between the teeth and under the gums. Normal brushing alone doesn't always remove the bacteria and the end result is intermittent or ongoing bad breath.

The first step to eliminating bad breath is to have a regular examination and clean to ensure that your teeth and gums are healthy. Once this has been achieved, you can use CloSYS II to eliminate the bacteria that causes the bad breath. CloSYS II actually kills the bacteria instead of just masking the smell with mouth rinses or chewing gums. The impressive feature is that the effect lasts for up to 12 hours so a morning mouth rinse is effective for most of the day.

What causes bad breath?

Most bad breath originates from the mouth, mostly from the surfaces of the tongue, below the gum line, between the teeth and other hard to reach areas. The mouth is normally inhabited by bacteria and the balance between the different kinds of bacteria determines the quality of your breath.

The odour causing bacteria are anaerobic meaning that they cannot live in the presence of oxygen. These bacteria cannot be removed completely with a tongue scraper and will recolonise in the mouth following antibiotic therapy. These naturally occurring bacteria feed on proteins (oral debris from food caught in your mouth) and produce volatile sulphur compounds (VSC) as a bi-product of metabolism, resulting in the bad breath. Everyone has some level of VSC in their mouth, but it is at a low level that cannot be detected by the nose. It is when these VSC levels become high that detectable bad breath occurs.

What causes excessive VSC?

Anything that decreases the saliva or stimulates the growth of bacteria.

- Saliva irrigates the mouth and flushes away debris. There are a number of things that can dry your mouth and reduce saliva flow including:-
- Morning breath occurs because saliva flow decreases during sleep. The dryer your mouth, the thicker the saliva, the greater number of bacteria present.
- If you are a mouth breather or you snore, you are more likely to have bad breath.
- Alcohol and some medications for high blood pressure, antihistamines and antidepressants can also decrease saliva flow.
- Dehydration and stress reduce saliva flow.
- Mouthwashes that contain alcohol also reduce saliva and dry the mouth.

Growth of anaerobic bacteria can be stimulated by:-

- Poor oral hygiene when food is not removed from between the teeth and in gum pockets.
- Sulphur based antibiotics upset the balance of normal bacterial flora.
- Coffee and acidic foods decrease the pH of the mouth and make it more acidic. Bacteria reproduce faster in an acidic environment.
- Hormonal changes including higher oestrogen levels (during pregnancy, menopause etc) can allow the bacteria to grow at a more rapid rate.
- Genetics – the design of your tongue determines the number of places for bacteria to hide and grow.

Why does CloSYSII work?

- CloSYSII contains chlorine dioxides and phosphates to kill the harmful bacteria and neutralise odour causing compounds such as VSC.
- It is alcohol free and pH balanced so it does not dry your mouth like normal mouth rinses.
- CloSYSII eliminates the bacteria that produce VSC rather than just masking the odour that they produce.

If you suffer from bad breath and you want a real solution, talk to your dentist or oral health therapist at your next visit. We can show you how they work and you can try some of the CloSYSII products.