

## Bad Breath & Closys

Bad breath (halitosis), is one of the most common concerns of patients. This is no surprise considering the numerous mouth rinses, chewing gums and mints on the current market. However, these are only temporary solutions which merely mask bad breath rather than eliminating the causes.



### Causes of bad breath

The mouth is the major source of bad breath which harbours millions of natural bacteria. There are about 40,000 bacteria in the mouth of a human being. Like people, they use food as an energy source to grow. When bacteria metabolises the food debris that stagnates in the mouth, they emit odour gases called Volatile Sulfur Compounds causing bad breath.

The findings of several studies show that oral debris on the tongue is the main cause of bad breath in 85% of all cases. The mass of debris and bacteria which cover our tongues actually makes it more difficult for food to reach our taste buds. Tongue cleaning not only help with bad breath, it is proven to help prevent heart attacks, pneumonia, premature births, diabetes, osteoporosis & infertility in men.



Since everyone's mouth contains bacteria then why doesn't everyone have bad breath? There are factors which make everyone slightly different in the way they are affected by bad breath. One major factor is our saliva which contains an antibacterial and also has a flushing effect on food debris.

Different people have varying saliva quantities and qualities. Those taking certain medications or suffering medical conditions can have decreased salivary flow. Also, those who have gum disease are affected by different odours. Saliva production drops by 50% over night which is why your mouth may not smell very pleasant in the morning.

### What can we do to reduce bad breath?

This first is reducing the amount of bacteria in the oral cavity and second is the elimination of the odour already present. A product developed called Closys II contains a powerful oxidizing agent Chlorine Dioxide (C102) which neutralizes the odour.

1. Closys II toothpaste is used in conjunction with good brushing technique to remove food debris on tooth and gum surfaces (electric brushes are most effective).
2. Floss or interdental brushes are then recommended to clean in between the teeth where the tooth brush cannot reach.
3. Cleaning your tongue with a toothbrush or tongue scraper to remove the bacteria on the tongue surface.
4. Finally rinse for one minute with a capful of the Closys II mouthwash to eliminate the odour. It is totally flavourless so it doesn't try to hide the bad breath.

We offer Closys product to patients at the wholesale price plus GST at Cannon Hill Dental. So make sure you don't need to worry about bad breath the next time you are talking to someone. Mention Closys II at your next appointment.

### Reducing Bad Breath



Brush teeth with an Electric Brush and Closys toothpaste



Clean in between your teeth with floss or interdental brushes



Clean your tongue



Rinse for one minute with Closys mouthwash