



## Bad Breath

### What causes it?

- ◇ 90% of cases are caused by the activity of bacteria in the mouth. Highly flavoured foods and stomach upsets can also cause bad breath.

### What you can do about it?

- ◇ See your dentist so that a thorough assessment can be made
- ◇ Have regular professional hygiene appointments.
- ◇ Control the activity of bacteria in the mouth following the dentist's recommendations.

### Further advice

- ◇ If you have bad breath don't ignore it - do something about it by seeking professional advice.
- ◇ Don't rely on mouthwashes alone - they can mask the problem.

**FOR MORE INFORMATION ABOUT BAD BREATH PLEASE  
CALL: 01782 274911**