

# **SKYLINE DENTAL**

## **OFFICE NEWSLETTER**

**Dr. Michael Olin**  
**Dr. Mehdi Salari**

**Dr. Karen Coe**  
**Dr. Zack Porter**

2137 NE 4<sup>th</sup> Street  
Bend, Oregon 97701

Phone: (541) 389-4807  
Email: info@SkylineDentalLLC.com  
www.SkylineDentalLLC.com

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### **DENTAL NEWS & INFORMATION**

#### **The Sensitive Subject of ... *Bad Breath***

(Excerpts from the November 2008 Academy of General Dentistry Newsletter and the American Dental Association Website)

Whether you call it bad breath or halitosis, it's an unpleasant condition that is a personal and social concern for many people. Some people with bad breath are not even aware that they might have a problem.

We'll review this problem in this newsletter. Please be sure to let us know if you have any questions.

#### **What Kinds of Things Cause Bad Breath?**

##### Certain Spicy Foods

Some foods, such as onions and garlic; and drinks like coffee may be detected on a person's breath for up to 72 hours after digestion. Once these foods or drinks are absorbed by the bloodstream, they are transferred to the lungs, where they are eventually expelled.

In addition, certain diets, especially ones that eliminate carbohydrates, increase the chances of halitosis.

##### Poor Oral Hygiene

Particles of food remain in the mouth after eating, which attract increased number of bacteria. The bacteria release by-products, which in addition to the remaining food particles in the mouth, cause a sustained odor to the breath and mouth.

##### Periodontal (Gum) Disease

Periodontal or gum disease is caused by plaque (film of bacteria & food particles) that constantly forms on the teeth. The bacteria create toxins which over time, irritates the gums and causes increased pocket depth, recession and bone loss. The problem can build on itself and create additional disease and contribute to halitosis.

##### Dry Mouth (Xerostomia)

Saliva is necessary to cleanse the mouth and remove particles that may cause odor. Dry mouth may be caused by various medications, salivary gland problems, certain diseases and continuously breathing through the mouth.

##### Tobacco Products

Tobacco products cause bad breath, stain teeth, reduce one's ability to taste foods and irritate gum tissues. Tobacco users are more likely to suffer from periodontal disease and are at greater risk for developing oral cancer.

##### Medical Disorders

Bad breath may be a sign of a medical disorder, such as a local infection in the respiratory tract (nose, throat, lungs), chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, acid reflux, sleep apnea, hormonal changes, liver or kidney ailments.

##### Dental Abscesses or Infections

Dental infections or abscesses, along with larger cavities also contribute to bad breath.

#### **What Can Be Done About Bad Breath?**

##### Maintain Good Oral Hygiene

Brush at least two times a day with a fluoride containing toothpaste to remove food debris and plaque. Clean (brush or use a tongue scrapper) your tongue as well, as it also collects food debris on its surface. Once a day, use floss, an interdental cleaner or a water pick to clean between your teeth and under your gums.

##### Visit the Dentist

Regular cleaning appointments with the Dental Hygienist, removes the plaque and buildup, from under your gums and in hard to reach areas.

Regular checkup appointments with the Dentists helps ensure cavities, periodontal disease, infections or other causative factors are identified and treated in their earliest stages.

##### Maintain Good Health

A healthy lifestyle and diet, promotes a healthier mouth. If you can avoid or prevent the medical ailments listed earlier in this newsletter, you can avoid some of the side effects associated with those ailments and medications. The more medications you consume, the more likely you are to experience dry mouth and other halitosis contributing side effects.

##### Monitor the Foods and Drinks That You Consume

Larger quantities of spicier foods may remain in your bloodstream and be exhaled for over two days after you have consumed the food item. Good oral hygiene can only go so far in minimizing these odors.

In addition, coffee and certain diets (particularly ones that eliminate carbohydrates) tend to increase the chances of halitosis.

##### A Few Remaining Suggestions

Be sure to drink plenty of water. Try chewing sugar-free gum that contains xylitol. If you have dentures or a removable appliance, such as a retainer or mouthguard, clean the appliance thoroughly before placing it back in your mouth.

Mouthwashes are generally cosmetic and do not have a long-lasting effect on bad breath. If you feel that you must constantly use a breath freshener to hide unpleasant mouth odor, you might want to consult one of us to treat the underlying cause of the problem.

Do not purchase 'Halitosis Kits' or formulas that do not have the American Dental Association Seal of Approval on them.

### **NEWS FROM OUR PRACTICE**

#### **\$20 Credit**

As a token of appreciation to our existing patients, we will be placing a *\$20 credit on your account* at our office; when a New Patient to our office lists your name as the referral source to our dental practice.

We appreciate our existing patients and would welcome your extended family and friends into our practice. Feel free to refer your family and friends to our website ([www.SkylineDentalLLC.com](http://www.SkylineDentalLLC.com)) for an overview of our practice, services and policies.

Please check with our Front Office for additional details about our Referral Appreciation Credit.

#### **Saturday Appointments**

Depending on the level of interest or need, Dr. Zack Porter will offer some dental appointments on selected Saturdays, to help assist patients who have difficulty making dental appointments during the week. Please inquire with our Front Office if this is something that would be of interest to you.