

DENTAL HEALTH

Dealing With Bad Breath

(NAPSA)—In certain situations, knowing if you have bad breath may help you breathe a little easier. But unfortunately, the nose doesn't always know—not your own nose anyway.

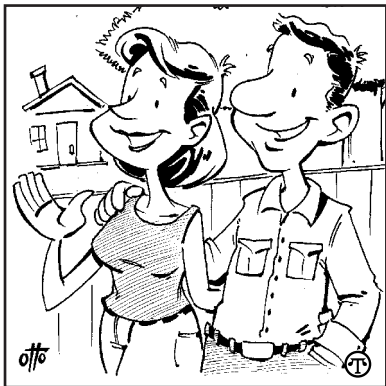
It is a scientific fact that people can not smell their own breath. That means many of the 50 million people in the U.S. thought to be affected by bad breath might not know they have it. Fortunately, there are things you can do to keep your breath fresh. Try these tips:

Know Your Enemy

Halitosis, commonly referred to as bad breath in otherwise healthy people, is caused by bacteria that live on the soft tissue of the mouth—mainly on the back of the tongue. The bacteria produces smelly gases that cause bad-breath odor. Some people have substantially more of these odor-causing bacteria than others. That's why some people tend to suffer from bad breath more frequently than others.

When To Get Serious

Bad breath can sometimes be caused by a serious medical problem. If the onset of bad breath is sudden or grows worse over a period of days or weeks (or if it is accompanied by onset of fever, cough or other symptoms) you should seek medical attention.



Breathe Easy—There are a number of effective ways to treat bad breath.

Know Your Options

Conventional mouthwashes, breath mints and other similar products tend to work by masking odor with a more pleasant one. However many of these products do not offer long-term solutions. That's one reason dentists recommend products such as ProFresh Oral Rinse. The patented rinse is an at-home treatment that uses active Chlorine Dioxide—a powerful and safe deodorizing antibacterial agent—to eliminate bacteria in the mouth. An added bonus to the system is that with daily use it helps reduce dental plaque.

For more information, visit www.profresh.com.