

Unusual Causes of Halitosis

Usually halitosis, otherwise known as bad breath, is a result of not brushing or flossing properly. However, other unusual conditions can lead to the cause of halitosis. Some people would never even have guessed the following conditions would cause halitosis, but they do.

For example, diabetes is connected to the gum disease that causes halitosis. This happens because the circulation of the blood of a person affected with diabetes causes the gums to be infected. The infected gums emit an offensive odor into your mouth. Along with that, the body of a person with diabetes has less resistance to diseases, which can also lead to the formation of gum disease. This problem is compounded in people who smoke and smoking also adds to the condition of halitosis.

The condition of halitosis, which is linked to gum disease caused by diabetes, can easily be corrected. All the above regarding diabetes and halitosis is usually a result of the lowering the blood sugar. As long as a person's blood sugar remains stable, that person will be able to eliminate the halitosis condition. Also, those with diabetes (or even without, of course) should not smoke, and that person should see the dentist regularly.

Other causes of halitosis are certain medications, gastric disorders, and liver disease. All these can contribute to the growing of the bacteria that cause halitosis. There is no easy answer to combat halitosis in these cases. However, there are some tips that can help you. Some of those tips would be to brush after every meal, and to rinse with alcohol free mouthwash. If regular mouthwash does not help, then a 50/50 mix of hydrogen peroxide and water can be used to gargle. If children are using the hydrogen peroxide mixture, an adult should supervise him or her, just to make sure the child does not swallow it.

Other causes of bad breath not mentioned yet are those of allergies and colds. Fortunately many cold symptoms can be easily treated with over the counter or prescription medications. Likewise, there are allergy medications that a patient suffering from halitosis can be prescribed to that cure symptoms similar to that of the common cold, such as runny nose, cough, sore throat, sinus problems, and more. Medical journals and websites, dentists, pharmacists, and doctors would be the best resource regarding information to cure these types of symptoms.

Other tips to help prevent halitosis are to stop smoking and limit consumption of strong alcoholic drinks. Likewise, if a person wants to reduce the risk of embarrassing themselves by having bad breath on a date, that person should avoid strong food flavorings such as garlic, hot spices, onions, or spinach greens. Foods that cause any kind of gastric problems for a person should also be avoided, such as fried chicken or spicy chili dishes. The reason why are gastro-intestinal problems caused by eating these types of food can lead to the developing of bacteria that causes halitosis.

In addition, there are resources online that can help a person suffering from halitosis as well. One place to check out is the Online Treatment Advisor of the National Medical Society. That information can be found at the following link:

http://www.ccsublishing.com/journals/treatment/bad_breath_halitosis/1_halitosis.htm. This link is a web page that has a simple questionnaire for those seeking halitosis cures to fill out. Some of the questions ask how long bad breath has been present in a person, how old the halitosis patient is, and whether or not they have cough, heartburn, sputum, tooth pain, or sore throat.

This questionnaire provided by the National Medical Society is a resource that will help patients and friends of patients to help pinpoint the cause of the halitosis condition and to recommend the correct treatment in that case. This treatment considers some unique aspects of a person's overall health condition and increases that person's opportunity to find adequate care.

Furthermore, helpful websites such as About.com, offer free information regarding the halitosis condition and the steps to take to fight it. Along with that, sponsored links are displayed on these websites leading to products that help fight halitosis. It is hard to sort out all the information sometimes regarding information advertised on sponsored links. Therefore, someone looking for a halitosis cure should also consult a dentist or a person qualified to give advice about halitosis.

About the Author

Anthony Stai is a proud contributing author and writes articles on several Dental related topics including dental plans. You can see more of Anthony's other articles on his [Self-Improvement eBooks](http://www.self-improvementresources.com) informational web site located at <http://www.self-improvementresources.com>

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