

TOOTHFULLY. *speaking*



Dr. Preeti Desai

DOES YOUR BREATH SMELL LIKE POOP?

Chances are you will never be told that your breath is unbearable! Yet when you first meet someone new, it is the most important factor affecting others' impression of you in a social or professional situation.

Bad breath is not just due to the obvious things like coffee, garlicky caesar salad or greek food. The most common cause of bad breath is poor oral hygiene and periodontal disease. An abscessed tooth which of course causes bad breath also has sulphur forming bacteria hiding underneath your gums and deep in your periodontal pockets, exuding toxins and noxious fumes. If you have periodontal disease or an abscess, you are used to your own bad breath and will never recognize this as a major problem for anyone you're having a conversation with.

Saliva plays an important role in lubrication of your mouth which protects your mouth from the hundreds of pathogens that can enter your mouth's mucosa due to dryness. Many medications prescribed by your doctor can increase the dryness of your mouth. Chewing tobacco, smoking, asthma puffers can all reduce the natural moisture in your mouth as well.

Another cause of bad breath could be related to infected sinuses. The sinuses are air-filled passages in the face. When fluid becomes trapped in the sinuses, bacteria can collect, and this may lead to infection. These pathogens produce odours, since the maxillary sinus drains into the back of your throat, this will be a problem you don't even know of. Viruses cause most sinus infections, so antibiotics are not typically prescribed unless a doctor suspects a bacterial infection.

The mouth is the entrance way to the whole gastrointestinal system which includes the stomach, your intestines and bowels. All of which are downstream from food intake in the mouth but any gastroesophageal reflux (GERD), ulcers or bowel obstruction are all responsible for bad breath because stomach acid mixes with food and bacteria. Similarly illnesses involving vomiting will obviously be responsible for bad breath due to any acids from the stomach.

With the popularity of the ketone diet, one must realize the risk of extreme bad breath when changing to this diet. Since carbohydrates are not being broken down; but rather fats are broken into ketone bodies. These ketone bodies can be used by the body for energy but the side effect is noxious odour - so be aware. Similarly uncontrolled diabetics also have bad breath as they too don't break down carbohydrates

Ask someone you know if YOU have breath smelling like poop!



Laser Implant Periodontal

SPECIALIST



t. 778.471.6001

a. 101-775 McGill Rd, Kamloops

www.kamloopsperiodontist.com