

Name _____ **Personal Hygiene**



Healthy Mouth, Happy Mouth

Bad breath can be caused by diseases of the teeth, gums and mouth, indigestion and some other health problems. It's important to have regular visits to the dentist, to brush twice a day, and floss often. Many people also have "bad breath" when they first get up in the morning. This is because saliva "washes" your mouth out periodically during the day, and your body doesn't make much saliva when you sleep. As soon as you eat, drink, or brush your teeth in the morning, that morning "bad breath" goes away.

Bad breath can also be caused by things that we eat, like garlic, onion and alcohol. The body rids itself of the chemicals that cause these "bad" smells by moving them out of the blood and into the lungs, where we breathe them out when we exhale. These kinds of smells on our breath can last for hours, and because the smell is literally carried in the air that we breathe out, brushing your teeth does not get rid of it. Smoking cigarettes can also cause bad breath, and can turn your teeth yellow.

Mouth washes, sprays and flavored gums can make your breath smell better temporarily, but only regularly cleaning your teeth will keep your breath fresh. Everyone should visit a dentist at least once a year. Dentists check your teeth for cavities and other problems. They also clean your teeth, and teach you how to take good care of your teeth.

1. Name as many things as you can that can cause bad breath.

2. What can you do to make your breath smell better temporarily? _____

3. What are the best ways to keep your teeth and gums healthy, and your breath smelling great?

