

Did you say HAL-i-TOSIS?

Halitosis or chronic **bad breath** is an unpleasant odour that comes from bacteria in your mouth.

What makes it worse?

No hygiene



- Poor oral hygiene habits
- Eating foods with strong odours
- Alcohol use or smoking
- Dry mouth
- Certain chronic medical conditions

Some products



Cigarette



Infection



How do you get rid of bad breath?

- Brush your teeth at least twice a day
- Remember to brush your tongue as well
- Drink enough water to keep your mouth moist
- Visit your dentist at least once a year for a check-up and professional cleaning



Good oral hygiene habits can prevent halitosis