YOUR ORAL HEALTH
BAD BREATH BUSTERS

THEBEMED
MEDICAL AID SCHEME

GOOD ORAL HYGIENE HABITS CAN PREVENT BAD BREATH

Bad breath can be caused by poor oral hygiene and gum disease, certain foods, dry mouth, smoking, and certain medical conditions or medications.

Make these good oral hygiene habits part of your daily routine to banish bad breath for good:

- ✓ **Brush your teeth, gums and tongue with a soft toothbrush and fluoride toothpaste, for two minutes, every morning and every night to remove plaque.**
- ✓ **Floss every day to clean between your teeth.**
- ✓ **If you have a dry mouth, drink enough water.**
- ✓ **Watch what you eat: Limit sweets, sugary foods and sugar-filled drinks.**

Go for a dental check-up and professional cleaning at least once a year.

Your dental healthcare professional* can detect and treat oral health issues that may be causing bad breath.

*If you have the benefit available on your option and membership, you will have no co-payments for conservative dental treatment (i.e., consultations, basic prevention, fillings and extractions) at a DENIS Dental Network practice.

Find a Network practice in your area – search on the DENIS website: www.denis.co.za

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Dental Benefit Queries? Call 0860 10 49 33

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