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Today's Quick Tip: Visit Your Dentist Regularly

Even if you do practice good oral hygiene, you still need your dentist to perform thorough dental cleaning. Your dentist can also perform a check-up and possibly detect early signs of damages to the teeth and gums that may cause bad breath. Some bad breath problems may be the result of underlying chronic medical conditions. Your dentist may refer you to a specialist if he suspects other medical causes of bad breath.

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