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Cause of Bad Breath: How Diseases Contribute to Bad Breath

When you want to know how to [treat bad breath](#), you first need to know the cause(s) of bad breath in the first place. Bad breath often referred to as, "halitosis", is a very disagreeable condition that every one of us would definitely prefer to prevent than have to live with it. Bad breath is a foul smell that comes out of the mouths of people who either eat strong foods, or individuals who practice poor dental hygiene. There are other ways to get halitosis such as from smoking or chewing tobacco products.

Diseases and the cause of bad breath

Some diseases likewise can give you bad breath odor. For instance, individuals who suffer from renal failure, kidney failure, or those who have lung disease or diabetes. Youngsters can also have bad breath when they have a foreign object up the nose. Certain foods and drinks, such as coffee, onions and garlic, are definitely more likely to create the odors of bad breath than others.

Do you brush your teeth at least twice a day, preferable after eating starchy foods or sweets? Do you avoid eating onions, cabbage or garlic or other strong foods? If you love these strong odor-producing foods do you brush after eating? Do you smoke or drink alcohol? These are two habits that are not only unhealthy for you; they also put you at extreme risk for bad breath.

Especially when you do any of the above things, make certain you brush your teeth immediately afterwards for the required time and in the recommended way. In case you are the least bit worried about not knowing the right way to thoroughly brush your teeth, don't be embarrassed to ask your dentist or dental hygienist.

They will be happy to take time to show you how to properly brush your teeth. The majority of us develop poor brushing habits as we grow older. You can easily get to be shoddy with dental hygiene.

Do you know that certain prescription drugs could contribute to bad breath also? Yes, as a matter of fact certain medicines/drugs such as antihistamines, inhaled anesthetics, injectible insulin, paraldehyde and triamterene are all medications that are widely used and all can contribute to bad breath. If you use these kinds of medications discuss with your dentist about ways to avoid and treat bad breath.

Were you aware that if you have certain conditions, that these conditions may very well contribute to you having bad breath too? Illnesses that are likely to contribute to bad breath are acute renal failure, bronchitis, and any type of lung infection such as pneumonia, diabetes, lung abscess, pharyngitis, mouth infections, periodontal disease, sinus infection, and also hepatic encephalopathy.

Considering that certain foods that we eat and various illnesses can lead to bad breath, even so the primary contributor to bad breath is poor dental hygiene. That dear friend is within your control. You do have full control over how well and how many times you brush your choppers. You've got control over the kind of toothbrush you choose as well as how you use your toothbrush.

You furthermore have control over the type of foods you eat and the drinks you consume and whether or not you chose to engage in consuming alcohol, puffing cigarettes or indulging in other kinds of tobacco usage.

If you decide to use these products or consume these types of beverages and foods you also have within your power what you do immediately thereafter. Do you brush your teeth? Do you floss? Do you brush your tongue?

Understand that if you don't make the extra effort to take good care of your mouth, teeth, gums, and tongue and you get bad breath, then you don't have anyone to blame but your own self. So now you know the [cause of bad breath](#), you can take the necessary steps to get rid of it or even better; prevent it in the first place.

You can also find this article published on [Cause of Bad Breath: How Diseases Contribute to Bad Breath](#), and on the tag pages [Bad Breath Treatment Reviews](#), [cause of bad breath](#), [treat bad breath](#).