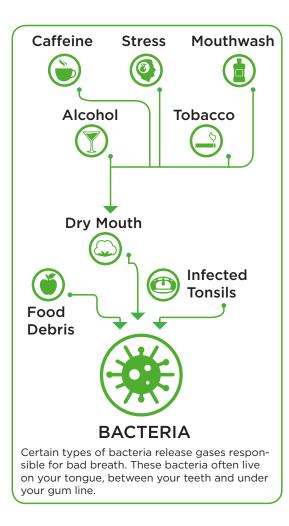
## Keep Your Breath Fresh



Halitosis. Dragon breath. Stomatodysodia. Whatever you call it, bad breath is not pleasant. Here's how to avoid this condition affecting 80 million Americans.<sup>1</sup>



## What you can do?

- Brush and floss regularly. Maintaining a proper oral health routine helps prevent bad breath at the source.
- Drink water. Stay hydrated by sipping plain water throughout the day. Sugary drinks are not a substitute! Choose fluoridated tap water when possible.
- Eat properly. Maintain a healthy diet with regular meals to keep your breath in check. Don't forget to brush after eating!
- Gargle with warm salt water. To loosen plaque and kill bacteria, mix one tablespoon of salt in eight ounces of warm water. Wait for the salt to dissolve, then gargle normally.
- Avoid antiseptics. Swap out your antibacterial mouthwash for a fluoride rinse. Check the label to make sure it doesn't include any alcohol.
- Visit your dentist. If your bad breath doesn't go away, consult your dentist. Halitosis can be a symptom of a more serious condition.

<sup>1</sup>What is halitosis? Academy of General Dentistry. http://www.knowyourteeth.com/infobites/ abc/article/?abc=H&iid=306&aid=1254



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