



Why You May Have Bad Breath

By: Hope Park Dental Practice

A close-up, side-profile view of a person's mouth, showing their teeth and tongue. The person's lips are slightly parted, revealing the upper and lower teeth. The tongue is visible, resting against the roof of the mouth. The background is a soft, out-of-focus light blue.

Bad Breath

HALITOSIS

Do you suffer from bad breath or halitosis? Do you even know?

Real & Imagined Bad Breath

GENUINE HALITOSIS

Unpleasant smell present on breath.
85% of cases originate in the mouth.

HALITOPHOBIA

A condition whereby people think they have halitosis when they haven't.

Poor Oral Hygiene



INHABITANTS OF YOUR MOUTH CAN CAUSE BAD BREATH

Certain kinds of oral bacteria cause bad breath.

That's why it is important to ensure you have a good oral hygiene routine.

A background image showing a dentist in a clinical setting, wearing blue gloves and using a dental tool to examine a patient's teeth. The patient is lying back in a dental chair, wearing sunglasses. The image is overlaid with a semi-transparent blue filter.

Dentist Advice

BRUSHING YOUR TEETH TWICE A DAY

This is the basis of all good oral hygiene and is inexpensive.

FLOSSING

Either flossing or using inter dental brushes once a day.

FLUORIDE TOOTHPASTE

Fluoride toothpaste is effective at preventing tooth decay.



ORAL DISEASE

TOOTH DECAY AND GUM DISEASE

The bacteria from tooth decay and gum disease can also cause bad breath. Regular dental check-ups are important.



8 out of 10
people over 35

SUFFER FROM SOME KIND OF GUM COMPLAINT



DRY MOUTH

Saliva helps cleanse your mouth. A dry mouth could cause bad breath.

Simply drinking more water can help and it is advised you should drink about 3 litres of water per day

SMOKING

Smoking gives you bad breath and also stains your teeth.

There are so many more serious risks associated with smoking though.



Get a Dental Exam now!

Visiting a dentist regularly is very important as is attending a hygienist who can advise you on gum health.

Gum disease is the leading reason for tooth loss and many other problems. It is important to ensure that you have good oral hygiene and healthy gums.



Smiling is Fun With Healthy Teeth & Gums.

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PRO. DR. NINAD MOON

Need help with your teeth?

DENTAL PRACTICE ADDRESS

5 Hope Park Terrace, Edinburgh , EH8 9LZ

PHONE NUMBER

0131 662 4882

E-MAIL ADDRESS

info@hopeparkdental.co.uk

A photograph of the exterior of a building, likely the dental practice. A large, rectangular sign is mounted on the wall, featuring the 'HP' logo in a circle and the text 'HOPE PARK' in large, bold letters, with 'DENTAL & IMPLANT PRACTICE' in smaller letters below it. The sign has a blue border. The building's facade is made of light-colored stone or concrete. A white door is visible to the left of the sign.

 **HOPE PARK**
DENTAL & IMPLANT PRACTICE

