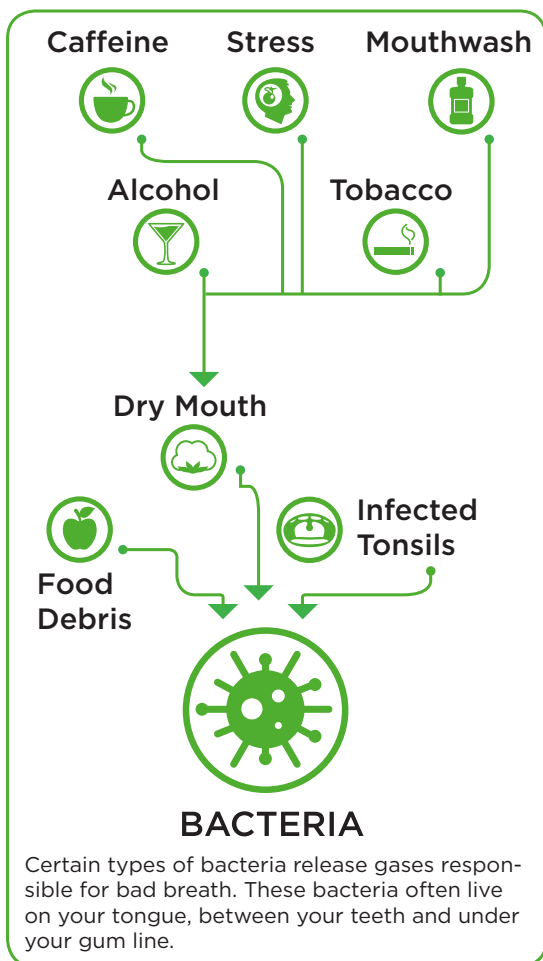


Keep Your Breath Fresh



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



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.

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