

By Mary Ellen Volansky, EPDH, MS

Bad breath, or oral malodor as the dental profession refers to it, is categorized into “transitory and chronic.”¹ Transitory bad breath comes from food-related malodor that can last as long as 72 hours. You know the after-glow repetitive taste of spicy garlic sausage or pizza, a fresh salty green onion, alcohol and other items.

Did you know a meter has been devised to measure oral malodor? This tool is called a Halimeter as in halitosis, another word for bad breath or oral malodor. This instrument measures the vaporized molecules of sulphur compounds in mouth air, the same sulphur we smell

The first thing you can do to remove the cause of bad breath is keep your teeth clean by brushing twice a day and flossing daily. You knew I had to get that in somewhere in this article! But it is also true. Seeing your dentist and hygienist for regular checks is also helpful in preventing bad breath.

Cleaning your tongue is also a helpful step to stopping halitosis. This cleaning can be done with a tongue-scraper, a tool designed for cleaning tongues, or you can use a toothbrush. Some toothbrushes have tongue scrapers on the back of the brush head.

Another source of halitosis is tobacco use – smoking and chewing. When someone has just smoked a cigarette or when a person has chewing tobacco in

Many breath sprays and mints are available for a tobacco, garlic or onion lover. As you know from how well these products actually change the taste in your mouth, they don't work thoroughly. The only way to stop bad breath from these causes is to not use those products.

1. Rinse your mouth with water after eating. Research I saw years ago said to swish twice with water. This will remove food particles and can significantly reduce the sugar and acid content in our mouths, which helps lower the risk of tooth decay.

2. Chew a piece of sugarless gum to stimulate saliva flow – nature's own cleanser. Add to this a sugarless gum sweetened with Xylitol and you have two agents helping. The bacteria that cause cavities like Xylitol better than sugar. The bacteria cannot digest the

3. Snack on celery, carrots or apples. They tend to clear away loose food and debris during the chewing process. When I was a kid, these vegetables were call “nature’s toothbrushes.”
4. Use baking soda toothpaste. Toothpaste “containing 20% or more baking soda can confer a significant odor-reducing benefit for time periods up to three hours.”³ This study tested toothpaste with different levels of baking soda and baking soda with zinc, silica and fluoride to come up with this recommendation.

In 2013, may you have a full year
of reasons to always have a bright
healthy smile!

- 1 Want some Life Saving Advice? Ask Your
Dental Hygienist About Understanding and
Eliminating Bad Breath, 7/16/2010, American
Dental Hygienists Association
2 ncbi.nlm.nih.gov/pubmed/9086681 *J Can*
Dent Assoc. 1997 Mar;63(3):196-201.
3 *The Effects of Dentifrice Systems on Oral*
Malodor, DrunetteDM, Proskin HM, Nelson
BJ, *J Clin Dent* 1998;9(3): 76-82

Former Sen. Byron Dorgan of North Dakota and our team invite you to engage in our work through this new program. We need you and inspirational Native youth across the country to apply and help spread the word about Champions for Change and the center.

The center is calling for young American Indians across Indian Country to submit their stories of leadership and service in Tribal and urban Indian communities, schools and programs across the country. Champions include individuals who initiate programs, events or other efforts to improve the lives of fellow Native youth and Indian Country.

In addition to an all-expense-paid trip to Washington, D.C., these finalists will have an opportunity to participate in a mentorship pairing, serve a two-year term on a newly created Youth Advisory Board at the center and be eligible for consideration for a future visit from a member of the center's board of advisors.

Applications can be found at cnay.org/Online_Application.html. The application deadline is Jan. 31, 2013.

For more information, visit cnay.org or contact the center at cnayinfo@aspens-institute.org, 202-736-2905 or Center for Native American Youth, The Aspen Institute, One Dupont Circle NW, Suite 700, Washington, DC 20036-1133.

Mission Statement: We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinence.

Siletz Public Library
255 SE Gaither, Siletz



Portland: 503-238-1512

For information on Alcoholics Anonymous: aa-oregon.org

- Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or call the refill line direct – 541-444-9624.

