



## Bad Breath in Children

There are two types of bad breath in children: "morning bad breath" and "chronic bad breath."

### **Morning Bad Breath**

Just about everyone awakens with morning bad breath. The long period of not eating, drinking, or salivating lets the bacteria build-up. Brushing the teeth and eating breakfast brings down the number of bacteria and lessens or eliminates this type of bad breath.

### **Chronic Bad Breath**

This occurs when there is a persistent heavy concentration of bacteria in your child's mouth. The odors can come from five places: the back of the tongue, food particles trapped between the teeth, from the stomach, occasionally from the tonsils, and periodontitis (gum disease).

1. Back of the tongue: First teach your child to brush the back of the tongue at least twice a day. A tongue scraper can also be used to remove excess dead skin cells from the surface of the tongue. If these techniques don't work, gargling twice a day with a hydrogen peroxide solution (half hydrogen peroxide, half water) can help.

2. Trapped food between the teeth: As these food particles break down, particularly meat, a strong odor can result. Flossing is the best way to remove those particles of food.

3. The stomach: Lack of fluid in the body (dehydration) can lead to bad breath. Ensure that your child is drinking an adequate amount of water each day. Eating spicy foods or digestive problems can also be a cause of bad breath (acid reflux). If a digestive problem is suspected, your child should be evaluated by their doctor.

4. Tonsils: Children with tonsils can develop food lithes (food stones). About 25% of people with tonsils have this problem. Food accumulates in the folds and crevices of the tonsils. Bacteria then build an outer protein layer around the gathered food resulting in what looks like little white stones. The bacteria produce the foul odor. The food lithes eventually pop out and are either swallowed or spit out. The tonsils themselves could also cause a mal odor if they are infected and inflamed. If your child suffers from an ongoing and repeated sore throat, or tonsillitis (inflammation of the tonsils), they should be evaluated by their doctor.

5. Periodontitis: Periodontitis is an infection of the gums. A child with this problem has gums that are red, swollen, tender, and may bleed easily. Periodontitis is very rare in young children. Most severe cases of periodontitis need treatment by a gum specialist.

## **XLEAR NASAL SPRAY MAY HELP IMPROVE CHRONIC BAD BREATH IN YOUNG CHILDREN WHO HAVE NASAL CONGESTION/ARE MOUTHBREATHERS**

