

## BAD BREATH – TYPES, CAUSES

Abdusaidova Sohiba

Rajabboyeva Sunbul

Teachers of the Technical College of Public Health  
named after Abu Ali ibn Sino

### Abstract

Bad breath is a problem that affects every second person in the world. Bad breath often causes loss of self-confidence and prevents communication. Bad breath can be constant or appear from time to time, for example, on an empty stomach. This phenomenon is usually the first sign of dental problems and diseases of internal organs. In medicine, bad breath is called "halitosis".

Quickly eliminate bad breath

Timely treatment of oral mucosa and gingivitis is very important, as these are the most common causes of bad breath.

### TYPES OF HALITOSIS

Physiological. This type of halitosis is associated with the physiological characteristics of the oral cavity and the more putrefactive composition of the microflora of the back of the tongue. In this case, teeth and gums can be completely healthy.

Pathological. In this case, the cause of bad breath may be various inflammations or diseases of internal organs.

Pseudo halitosis. In this type of halitosis, there is a slight odor from the mouth, it is not noticed by others and worries only the patient himself. These conditions are more common in people who have suffered from true halitosis in the past, who have successfully treated the smell, but continue to worry about bad breath.

### CAUSES OF BAD ODOUR

#### LOCAL CAUSES OF UNPLEASANT ODORS

Dental problems. One of the causes of bad breath is caries and its complications. Food particles accumulate in cavities formed during tooth decay, and bacteria begin to actively multiply there, which causes an unpleasant odor. This is one of the most common causes of bad breath in children.



Milk diseases. Inflammation of the mucous membrane of the mouth and mouth can also cause halitosis.

Lack of oral hygiene. Insufficient attention to teeth, gums, tongue, as well as orthodontic and orthopedic devices (prostheses, devices, caps, etc.) causes bad breath. In case of indifference to daily hygiene, food particles accumulate between the teeth, behind the tongue, around the gums and on the prosthetic elements, which becomes a favorable environment for the growth of bacteria. During the vital activity of these microorganisms, volatile sulfur compounds that because bad breath are released.

"Dry mouth" syndrome. This syndrome is a common cause of bad breath. Due to the slow and small production of saliva, the natural cleaning process of the oral cavity is disturbed and a food environment is created for the growth of pathogenic bacteria.

Dry mouth may be caused by:

Salivary gland diseases;

diabetes mellitus;

Avitaminosis;

Radiation damage;

Botulism;

Breathing through the mouth;

Taking certain medications.

Common causes of bad breath

The nature of eating. Eating protein-rich meat and dairy products helps to develop bad breath. When they are processed, alkaline compounds are formed that change the acid-base balance in the oral cavity. As a result, microorganisms that cause unpleasant odors begin to multiply actively. Eating foods with a high amount of carbohydrates, on the contrary, helps to reduce the severity of the smell.

Somatic diseases. Causes of unpleasant smell:

some diseases of the digestive system,

liver pathology, severe lung diseases,

Pathology of ENT organs.

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