

TONSILLITIS, HALITOSIS AND BAD BREATH: MITIGATING EFFECTS AND CONTROL MEASURES IN HUMAN SELF ESTEEM & HYGIENE EVALUATION

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Abstract

About 80% of bad breath popularly called mouth odour is caused by the release of Hydrogen Sulphide (H₂S) from the mouth. This is one of the major gases given out by bacteria as they respire, and it smells like rotten eggs. The good news is that, based on the recent research that was shared during the International Association for Dental Research, it was found out that, sugarless yoghurt can reduce level of hydrogen sulfide in the mouth. According to the latest update on the Kick The Bad Breath official website, the percentage case of chronic bad breath worldwide is between 35% - 45% while 99% have dragon bad breath in the morning after wake. Participants ate about 3 ounces of sugarless yoghurt twice a day for six months period. At the end, it was found that hydrogen sulfide level was significantly cut down in 80% of the participants. Scientists believe that the active bacteria have effectively eliminated the anaerobic bacteria that cause bad breath in the mouth. However, understanding why the body produces breadth that is bad or why this sometimes happens to probably everyone on the planet at one time or the other is a vital part of fixing the problem hence, addressing it.

Keywords: Evaluation Halitosis, Mitigating, Self Esteem, Tonsillitis

Introduction

According to Victoria (2017), when you are talking to people and you notice some discomfort in them, it may be a sign that you have bad breath. Medical experts say that bad breath results from two key issues namely oral hygiene and gastrointestinal health. Basically, this means that breath odours originate not just inside the mouth but also from the digestive tract, the culprits in both cases are largely bacteria precisely by sulphur producing bacteria that informally lives the surface of the tongue and in the throat. They start to break down protein at a very high rate and odourous volatile sulphur compounds are released from the back of the tongue and throat. Bad breath is caused by the gums and the tongue and not the teeth (Tola, 2017). It is further observed that:

the mouth has up to 400 types of bacteria. It reveals that for those who clean their mouth well, a tooth may have between 1,000 to 100,000 bacteria count those who don't clean their moth and teeth may have anything from 100 million to one billion bacteria count per tooth. Some of these bacteria may be beneficial in preventing more malignant ones from proliferating while others may have a different implication on the body's health, the study further added (Esther, 2016).

Objectives of the Study

Getting to the root of the issue is the only way we can actually make the problem go away completely. When considering bad breath, keep in mind that it's not really your breath that is the problem. Your breath is just the air being expelled from mouth out through the nose or mouth and this air rarely

has odour of its own. Significantly, what cause the breath to get bad are the many things the air picks up or passes over along the way. By understanding the most common cause of bad breath, you are on your way to understanding how to address this situation once and for all.

Statement of the Problem

Is the Bad Breath Really Coming from the Mouth?

Gbemi (2015) specifically stated that, the left over bits of foods that linger in the mouth and then begin to decay, and not hence, causing germs and bacteria to give off that foul odour we call bad breath. Oyapero (2017) further stated that, most cases of bad breath originate in the mouth, and that these left over bits of food may be strike between the teeth or on the tongue. Sometimes a person with dirty mouth may have consistent bad breath as the saliva helps in washing away these food particles and a dry mouth means these debris are more prone to be stuck inside the mouth (Chung (2014).

Tola (2017) pointed out that, dry mouths with food bits and particle aren't the only reason why one may have bad breath. It's important to understand because some people may brush, floss, rinse and gargle until their mouths are practically raw and still wonder why their breath is bad. When exhale the air comes up from the lungs and travels along the respiratory system through the sinus cavities and out through the nose or out through the mouth as pointed out by Benn (2016).

Alexandra (2011) on his own part highlighted that, the there are many things along the wide pipe (pathway) of man that can cause the air to have a bad odour. For example, a person with an infected tonsil may have bad breath because of the infected tonsils.

Digestive problems may also cause bad breath as often resultant odors from the stomach or intestinal disorders get carried up through the breath. Infections in the lungs or bronchial tubes, kidney disease, liver disease and metabolic disease can all cause bad odor that get carried out through the breath Hassan (2016).

Detecting Bad Breath

When you are talking to people and you notice some discomfort in them, it may be a sign that you have bad breath. Victoria (2017) provided and that, most people who are suspected to have chronic and consistent bad breath are told to see their dentist, and of course, this is a first step. Disease of the mouth and gums first need to be ruled out before any other causes are investigated.

Hassan (2016) stated that, even though it takes months after birth to see teeth, they start growing about 6 months before birth. A person's oral hygiene plays a large role in the condition of their breath and so, that needs to be investigated and explored (Esther, 2016).

Phillip (2014) further added that, sometimes a dentist can rule out all the oral causes of bad breath and that at time, a person should consider seeing their family's physician. Digestive disorders and other causes are not uncommon for chronic and consistent bad breath. So, these need to be investigated as well, according to Gbemi (2015). The first step in dealing with bad breath is to figure out what is causing it.

Causes of Bad Breath

Chong (2014) stated that, halitosis caused by germs (bacterium) that linger in the mouth on the tongue between the teeth or that have built up in the areas of the throat such as on the tonsils or in other spots. It can also contain bacteria and germs from the respiration system itself, from the tonsil or any other areas along the way.

However, Oyapero (2017) further clarified that it is those germs and bacteria that cause the breath to get bad not the breath itself. This further explains why virtually everyone gets bad breath from time-to-time i.e. everyone gets bad breath from time-to-time due to the fact that, everyone has germs and bacteria in their mouth, throat on their tonsils or other places that the air needs to pass over when exhaled. i.e. chemically infected tonsil (Tola, 2017).

Alexandra (2011), in his oral examination of gum (periodontal) disease, stated that, it is caused by the build-up of plaque on teeth in which bacteria cause the formation of toxins to form disease which irritates the gums.

The medical condition of having dry mouth also called xerostomia as saliva is vital to moistening the mouth, neutralizing acid produced by the plaque and wash away dead cells that accumulate on the tongues, gums, cheeks, jaw bones. The cells decomposed and caused bad breath according to Hassan (2016), as dry mouth is a side effect of various medications. Tonsilitis is the while coating on the tongue especially at the back of the tongue.

Maintaining Oral Health

Gbemi (2015) reported that due to the general belief of the populace, brushing teeth twice a day, rising mouth after every meal makes the mouth so clean. Others are of the belief that, chewing of some gum, popping a mint or using some of the tongue strips that are sold in commercial stores quickly fixes oral health. A capital NO, they only work for few minutes but won't do much good to really address your bad breath (Hassan, 2016).

However, experts say, taking the above measures is not just enough. For instance, the Asia-pacified panel of dental experts recommends a new oral care regimen to combat adult tooth decay and

gum disease. It's stated that on top of brushing twice daily, adults should also incorporate inter-dental cleaning once a day and use an anti-bacteria mouth rinse twice daily.

Inter dental cleaning refers to cleaning the surface between the teeth using floss- a bundle of thin filaments used to remove food and dental plaque from teeth. This is greatly inserted between the teeth and scraped along the teeth sides especially close to the gums or underneath (them) or other more specialized toothbrushes according to Chung (2014).

Esther (2016) expatiated that, just brushing will not effectively reduce most of the dental plaque from surfaces in the oral cavities especially, those around the molars. This is especially so for people with misaligned teeth as well as those who have dental appliances or restorations. Taking smart decisions on oral health is the art of maintaining oral health.

Maintaining Oral Care

Oyapero (2017) advocated that, it is important for individuals to have an idea of what oral care is all about. There are issues effecting people such as; tooth decay, oral cancer, gum disease and so on. There are usually a lot of bacterium in the mouth because people take sugar and sweetened things and there comes the effect of these over time.

He said that, even if those things are there, individuals should prevent sugary things being in the mouth for a very long time. He noted that, tooth brushing and flossing should go hand-in-hand. Usually, when you brush, the tooth brush doesn't get in between the teeth, a dental floss will clear the debits or dental plaque. Some of these plaque form underneath the gum and no matter how much you brush, the tooth brush will not get there, and that is why there is

the need for a professional cleaning every six months.

He further revealed that these among other things affect people. For example, prolonged gum disease makes the teeth to fall off and so when an elder person teeth begin to fall off, people think it is synonymous with old age.

He noted that since the mouth is the gateway to the body, if the mouth is not properly taken care of, then there is the risk of myriads of diseases.

Similarly, Victoria (2017) revealed in her studies that, antiseptic mouth rinses can actually kill the majority of bacterium present in the mouth efficaciously and safely. She enthused that regular dental checkups are the most important.

However, studies show that, while oral health advice isn't new, not many people actually practise it. According to a report by the dental care group, the most direct effect of a dirty mouth is an increased risk of dental decay and gum disease.

More worryingly, bacteria in the mouth could also be linked to certain diseases. Mosafeejo (2017) pointed out that, the mouth is the mirror to the body's health. Looking into the mouth, a dentist can diagnose systemic infection such as the late stage syphilis and herpes infections. He added that, certain virus and bacteria such as the herpes simplex virus, flu and cold viruses, venereal disease and fungal infections can be found in the mouth and transmitted via the saliva. Oral bacteria may even increase the risk of stroke and heart attack.

Chung (2017) cited a recent study by researchers at the University of Buffalo in New-York which found a direct link between gum diseases and heart diseases. It has been postulated that certain types of oral bacteria entered the blood stream via weakened blood vessels in patients with gum diseases. He further explained that, the

bacteria then increased set of inflammation that indirectly caused blood to clot. There's plenty of activities going on in the mouth as postulated by Tola (2017).

Conclusion

Medical experts say that bad breath results from two key issues namely oral hygiene and gastro-intestinal health. Basically, this means that breath odors originate not just inside the mouth but also from the digestive track, the culprits in both cases are largely bacteria.

Recommendations

In view of the above research, the following recommendations were proffered: Doctors added that once you have bad breath, you should first make sure you are eating right (getting a balanced diet of protein carbohydrates, lot of fruits and vegetables and plenty of fluid) to keep the gastro intestinal (G.I) tract healthy. Then, brushing and flossing after every meal, to reduce bad breath, these found diets are recommended.

You can chew on fresh herbs or make tonics by steeping them in hot water (astral), these herbs (coriander, spearmint) make an excellent digestive as well doubling the benefits of ending a meal this way.

Drinking Yogurt

A recent study found that serving yogurt each day reduces the level of odour causing hydrogen – sulphide in the mouth.

Eating Crunchy Fruits

Apple, carrots, celery-basically any fiber fruits or vegetable should be your friend when it comes to fighting bad breath also known as halitosis.

Masking Techniques

Sugarless gum should replace brushing your teeth after a meal but in a pinch, it can freshen up breath (Masking

Odours). Another to increase saliva production to rinse away plaque and bacteria. Mints can mask as well but only briefly and go for sugarless. Sugar creates plaque and no one wants a mint that makes breath worse.

Taking Fruits Rich in Vitamin C

Eating citrus fruits, melon and other vitamin in each food creates an inhospitable environment for bacteria growth. A direct rich Vitamin C is also important in preventing gum diseases, and eradicating major causes of halitosis. Get your Vitamin C in foods and not supplements can cause gastro – intestinal upset in some and exacerbate bad breath.

Flossing

This is the use of bundle of filaments or a plastic ribbon to remove food and dental plaque of which you may be brushing three times a day but not getting access to all parts of the teeth. But flossing will help clean around the gum edge.

Promoting Dental Hygiene

Mixing half a tablespoon of Apple cider vinegar with one tablespoon of baking soda citric is a natural cleaning agent. Brush this paste on your teeth, you can also dilute the vinegar and gargle with it.

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