Health Highlights | Take my (bad) breath away (Audio)

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS… FROM OSF HEALTHCARE.

THERE ARE FEW THINGS MORE EMBARASSING THAN BAD BREATH. WHETHER IT'S THAT LOOK ON YOUR SIGNIFICANT OTHER'S FACE WHEN THEY SMELL IT – OR THAT UNPLEASANT ODOR COMING FROM A STRANGER CHATTING YOU UP AT A PARTY… BAD BREATH CAN CAUSE A LITTLE ANXIETY FOR EVERYONE INVOLVED.

BAD BREATH IS COMMON. ONE IN FOUR ADULTS HAVE HAD IT AT SOME POINT IN THEIR LIVES. IT CAN ALSO BE CHRONIC. ACCORDING TO BREANNE GENDRON… A NURSE PRACTIONER WITH OSF HEALTHCARE… SOME PEOPLE DON'T EVEN KNOW THEY HAVE BAD BREATH DUE TO A CONDITION CALLED OLFACTORY FATIGUE… WHICH IS WHEN PEOPLE LOSE THEIR SENSITIVITY TO ODORS.

(((SOT))) Breanne Gendron (BRE-ANN JEN-DRAN), nurse practitioner, OSF HealthCare

"Bad breath can be a totally benign thing, and you just need to brush more, or it could be a sign that something more serious is going on. If you are someone who has bad breath despite regular like twice daily brushing and flossing, then it would be important for you to see your dentist to make sure everything's healthy on the inside of your mouth."

GENDRON SAYS IN ADDITION TO BRUSHING YOUR TEETH TWICE A DAY… FLOSSING IS ALSO EXTREMELY IMPORTANT. SHE SAYS BRUSHING AT BEDTIME IS THE MOST IMPORTANT TIME OF THE DAY.

WITH TODAY'S HEALTH HIGHLIGHTS… I'M TIM DITMAN.)>>