

CAMP HILL, Pa. (Aug. 3, 2022) – Did you know that as many as 50% of adults have had bad breath at some point in their lives? On National Fresh Breath Day, celebrated annually on Aug. 6, here are five oral hygiene tips from United Concordia Dental to help combat it:

1. **Brush and floss regularly.** Brush your teeth, tongue, cheeks and the roof of your mouth twice a day, and floss before bedtime to remove dental plaque from places your toothbrush can't reach.
2. **Drink plenty of water.** On top of keeping you hydrated, drinking water throughout the day helps wash away food particles and bacteria that cause bad breath.
3. **Eat crunchy fruits and vegetables.** Crunchy fruits and vegetables, such as apples, carrots and celery, can work as a natural toothbrush and scrub food and plaque from the surfaces of your teeth.
4. **Chew sugar-free gum.** Chewing gum helps your mouth produce saliva, which helps flush away food and bacteria from your teeth, tongue and gums.
5. **Visit the dentist.** Your dentist can help determine whether the cause of your bad breath is localized to the mouth and work with you to develop a treatment plan. You may be referred to a physician if your dentist suspects it could be related to a systemic disease.



“While poor dental habits are often at the root of bad breath, it can also be a sign of a more serious condition, including periodontal disease, respiratory infections and diabetes,” said Roosevelt Allen, DDS, MAGD, ABGD, chief dental officer, United Concordia Dental. “Good – and consistent – oral hygiene is the first line of defense in fighting bad breath and usually all it takes to keep mouth odors at bay. If your bad breath persists despite a proper oral hygiene routine, it is important to visit your dentist.”

For more oral health tips, visit the Oral Health Resources section at [UnitedConcordia.com](https://www.unitedconcordia.com).

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