



## Coping with Bad Breath During Ramadan:



**Bad breath is usually caused by a build-up of bacteria in the mouth:**

- Use mouth wash to rinse; even rinsing with plain water helps against bad breath.
- Rinse your mouth from time to time during the day as during ablution.
- Use a tongue scraper or brush to reduce oral bacteria accumulating on the tongue's surface
- Smoking is one of the reasons for bad breath. Fasting is an opportunity for quitting this habit.
- Using "Miswak" on the proper way during fasting hours helps to stimulate saliva that prevents dryness of mouth and bad breath.
- Multiply the consumption of water during non-fasting hours.
- If you use dentures make sure that you clean them properly as uncleaned dentures are a reason of bad breath.

**To cancel or reschedule your appointment call 16060**

