



quick notes

FRESH BREATH AHOY!

Bad breath adversely affects professional relations and social interaction. "It's worse than leprosy," says Anne Bosy, M.Sc., cofounder and director of the Fresh Breath Clinic in Toronto. She says people with breath problems take extremes in the workplace by avoiding close conversations and choosing activities away from other people. "It's so destructive to the psyche," she says.

➤ Bosy gives five simple tips to fight common bad breath culprits.

1 BRUSH YOUR TEETH
Proper brushing is at least twice a day for at least two to three minutes. Bosy adds many adults learned to brush baby teeth in elementary school but now improperly brush their adult mouths. Ask your dental hygienist if your brushing technique is correct.

2 KEEP A CLEAN TONGUE
A toothbrush or tongue cleaner will do the trick.

3 MAKE FRIENDS WITH FLOSS
Flossing twice a day cleans areas of the mouth your toothbrush can't reach.

4 WASH OUT THAT MOUTH
A low-alcohol antibacterial mouthwash twice a day for 30 seconds and after meals reduces oral bacteria responsible for bad breath.

5 BE GOOD TO YOUR MOUTH AND YOUR BODY
Visit your dentist twice a year and be good to your body with a healthy, balanced diet and exercise.

For more tips or information about the Fresh Breath Clinic, visit their website at www.freshbreath.ca or call **1-800-909-MINT**.

— Colleen Tully