**SCENARIO**

Mr Smith is a 42-year-old male. He is visiting dentist for bad breath. He is generally well having history of sinus infections and some minor allergies. He smokes occasionally and drinks alcohol over the weekend.

He brushes his teeth twice daily. He snacks on sugary food a lot. He has not seen a dentist in the last two years.

Conversation Starts

**Patient:** Good morning, Doctor.

**Dentist:** Good morning, Mr. Smith. My name is Dr Adam. How can I help you today?

**Patient:** I've been having a problem with bad breath for a while now. It’s been quite embarrassing, especially at work and social gatherings. (Main Symptom)

**Dentist:** I understand, Mr. Smith. Bad breath, or halitosis, can be troubling. Let’s start by discussing your medical and dental history.

**Dentist:** Have you had any recent dental issues or treatments?

**Patient:** I haven’t had any major dental problems, but I do have a few fillings. I haven’t seen a dentist in about two years because of my busy schedule.

(This is the dental history including the main symptom for visiting the dentist).

**Dentist:** Have you had any significant health issues recently?

**Patient:** Not really. I’m generally healthy, but I do have a history of sinus infections and allergies. I take antihistamines regularly.

**Dentist**: Thank you for sharing that. Sinus infections and certain medications can contribute to bad breath.

(This is medical history).

Dentist: What do you do for living? Who do you live with?

Patient: I work in an automobile workshop. I live with my parents. I am single.

(This is family history).

**Dentist:** I see. How often do you brush and floss your teeth?

**Patient:** I brush twice a day, but I rarely floss. I know I should do it more often, but I just forget or don’t have the time.

**Dentist:** Flossing is crucial for removing food particles and plaque that your toothbrush can’t reach. Do you use any mouthwash?

**Patient:** Yes, I use mouthwash once a day, usually in the morning.

(This is oral hygiene history).

**Dentist:** That’s good, but mouthwash alone isn’t enough. It’s more of a temporary solution. Let’s talk about your diet. Do you consume a lot of sugary or acidic foods and drinks?

**Patient:** I do drink a lot of coffee, and I have a sweet tooth. I snack on sugary treats throughout the day.

**Dentist:** High sugar intake and acidic foods can contribute to bad breath by promoting the growth of bacteria in your mouth. Do you smoke or drink alcohol?

**Patient:** I occasionally smoke, but I do enjoy a couple of drinks over the weekend.

**Dentist:** Smoking and alcohol consumption can dry out your mouth, reducing saliva production. Saliva helps cleanse your mouth and remove particles that cause bad breath. How much water do you drink daily?

**Patient:** Probably not enough. I tend to drink more coffee than water.

**Dentist:** Staying hydrated is essential for maintaining good oral health. Water helps wash away food particles and bacteria. Let’s move on to your oral hygiene routine. Sometimes debris and bacteria can stick to tongue and forms a coating on it. This is called coated tongue, and it can also cause bad breath. Do you use a tongue scraper or brush to clean tongue?

**Patient:** No, I don’t.

**Dentist:** Using a tongue scraper can help remove bacteria and food particles from the surface of your tongue, which can be a significant source of bad breath. I’ll demonstrate how to use one later. Now, let me look inside your mouth. Please open wide.

(This is diet history including consumption of sugary food, smoking and alcohol consumption).

**[The dentist examines Mr. Smith’s mouth carefully.]**

**Dentist:** I see some areas of plaque buildup and slight gum inflammation. These can contribute to bad breath. I recommend a professional cleaning to remove the plaque and tartar.

(This is diagnosis).

**Patient:** Okay, I can do that. What else should I do to improve my breath?

**Dentist:** Here are some steps you can take:

1. **Brush and Floss Regularly:** Brush your teeth at least twice a day with fluoride toothpaste and floss daily. Make sure to clean along the gum line and between your teeth.
2. **Clean Your Tongue:** Use a tongue scraper or your toothbrush to clean your tongue daily. This helps remove bacteria that cause bad breath.
3. **Use Mouthwash:** Choose an antibacterial mouthwash to help reduce bacteria. Use it in addition to brushing and flossing, not as a replacement.
4. **Stay Hydrated:** Drink plenty of water throughout the day to keep your mouth moist and help wash away food particles.
5. **Limit Sugary and Acidic Foods:** Reduce your intake of sugary snacks and acidic drinks. Opt for healthier alternatives like fruits, vegetables, and nuts.
6. **Chew Sugar-Free Gum:** Chewing sugar-free gum can stimulate saliva production, which helps cleanse your mouth.
7. **Avoid Dry Mouth:** If you’re taking medications that cause dry mouth, talk to your doctor about alternatives. You can also use saliva substitutes or chew sugar-free gum to increase saliva flow.
8. **Regular Dental Visits:** Schedule regular dental check-ups and cleanings every six months. This will help keep your teeth and gums healthy and allow us to catch any issues early.

**Patient:** That’s a lot of helpful information. I’ll try to improve my oral hygiene routine.

(This is treatment including oral hygiene instructions)

**Dentist:** Great to hear, Mr. Smith. I’ll give you a pamphlet with all these tips and schedule your professional cleaning. Remember, good oral hygiene is key to preventing bad breath and maintaining overall oral health. Do you have any other questions or concerns?

**Patient:** No, I think you’ve covered everything. Thank you, Doctor.

**Dentist:** You’re welcome, Mr. Smith. If you have any issues or need further advice, don’t hesitate to contact us. We’re here to help.

**Patient:** Thanks again. I’ll see you for the cleaning.

**Dentist:** Looking forward to it. Take care and have a great day!

**Patient:** You too. Goodbye!

**Dentist:** Goodbye!

(This is treatment plan and follow up)

Conversation Ends