



[Home](#) → [Health Topics](#) → Bad Breath

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Bad Breath

Also called: Halitosis

There are many reasons why you might have bad breath. You can get it if you don't brush and floss regularly. Bacteria that build up in your mouth and between your teeth produce the bad odor. Other problems in your mouth, such as **gum disease** [<https://medlineplus.gov/gumdisease.html>] , **dry mouth** [<https://medlineplus.gov/drymouth.html>] , or **cavities** [<https://medlineplus.gov/toothdecay.html>] , may also cause it. Sinusitis [<https://medlineplus.gov/sinusitis.html>] or problems with your nose may be to blame. You can also have bad breath if you eat some foods, like raw onions, garlic, or cabbage. And of course **smoking** [<https://medlineplus.gov/smoking.html>] causes its own bad smell. Some diseases and medicines can cause a specific breath odor.

Having good **dental habits** [<https://medlineplus.gov/dentalhealth.html>] , like brushing and flossing regularly, help fight bad breath. Mouthwashes, mints or chewing gum may make your breath fresher. If you have a disease that causes the bad breath, treating the disease may help give you fresher breath.


Start Here

- **Halitosis** [<https://familydoctor.org/condition/halitosis/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/halitosis-es/?adfree=true>]
- **Smelling Sickness: Body Odor May Be Sign of Disease** [<https://newsinhealth.nih.gov/2018/09/smelling-sickness>]
 (National Institutes of Health)
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/enfermedad-que-huele>]

Specifics

- **Acute Sinusitis** [<https://www.mayoclinic.org/diseases-conditions/acute-sinusitis/symptoms-causes/syc-20351671?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/acute-sinusitis/symptoms-causes/syc-20351671?p=1>]
- **Periodontitis** [<https://www.merckmanuals.com/home/mouth-and-dental-disorders/periodontal-diseases/periodontitis>]
(Merck & Co., Inc.)

Clinical Trials

- **ClinicalTrials.gov: Halitosis** [<https://clinicaltrials.gov/search?cond=%22Halitosis%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- **Article: Halitosis among users of electronic nicotine delivery systems in a multi-center...**
[<https://www.ncbi.nlm.nih.gov/pubmed/40562833>]
- **Article: Halitosis and Quality of Life in Young Orthodontic Patients: A Cross-Sectional...**
[<https://www.ncbi.nlm.nih.gov/pubmed/40428773>]

Article: Chewing gum on postoperative oral Malodor in patients undergoing general anesthesia:...
[<https://www.ncbi.nlm.nih.gov/pubmed/40399834>]

- Bad Breath -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Halitosis%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- National Institute of Dental and Craniofacial Research [<https://www.nidcr.nih.gov/>] 
Also in Spanish [<https://www.nidcr.nih.gov/espanol/>]

Children

- Bad Breath [<https://girlshealth.gov/body/grooming/breath.html>]
(Department of Health and Human Services, Office on Women's Health)
- Bad Breath [<https://kidshealth.org/en/kids/bad-breath.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/kids/bad-breath.html>]

Teenagers

- What Causes Bad Breath? [<https://kidshealth.org/en/teens/halitosis.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/halitosis.html>]

Patient Handouts

- Breath odor [<https://medlineplus.gov/ency/article/003058.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003058.htm>]
- Dental care - adult [<https://medlineplus.gov/ency/article/001957.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001957.htm>]



MEDICAL ENCYCLOPEDIA

Breath odor [<https://medlineplus.gov/ency/article/003058.htm>]

Dental care - adult [<https://medlineplus.gov/ency/article/001957.htm>]

Related Health Topics

Child Dental Health [<https://medlineplus.gov/childdentalhealth.html>]

Dental Health [<https://medlineplus.gov/dentalhealth.html>]

Dry Mouth [<https://medlineplus.gov/drymouth.html>]

Gum Disease [<https://medlineplus.gov/gumdisease.html>]

Sinusitis [<https://medlineplus.gov/sinusitis.html>]

National Institutes of Health

The primary NIH organization for research on *Bad Breath* is the National Institute of Dental and Craniofacial Research [<http://www.nidcr.nih.gov/>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/badbreath.html>] on *Bad Breath*

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