



BAD BREATH

Breath has an unpleasant odor

POOR DENTAL HYGIENE

Also known as *halitosis*, bad breath is commonly caused by bacteria in the mouth. If there is food residue in the mouth, the bacteria acts on it, and may result in an unpleasant odor. Halitosis is also produced when the mouth is dry for a period of time (e.g. "morning breath"). Saliva has enzymes that help minimize the effects of bacteria in the mouth.

Symptoms:

- Breath has unpleasant odor
- Food residue in mouth
- Plaque formation in teeth

DO:

- Brush and floss teeth at least twice a day.
- Use a mouthwash to eliminate the offensive odor.
- Increase intake of liquids to reduce food residue in the mouth.

DON'T:

- Don't use a mouthwash with a high alcohol content, as it will aggravate the problem.

SINUSITIS

See page 136.

STREP THROAT

See page 96.

TOOTH PAIN

See page 100.

BED WETTING

Involuntary urination during sleep

CAUSES

SLEEP PATTERNS, EMOTIONAL PROBLEM

In children up to five years of age, bed wetting is considered common. The causes are not known, but it may be related to sleeping patterns. Bed wetting is most common among children who are heavy sleepers. Bed wetting in teenagers and adults may be a medical condition related to emotional problems.

DO:

- Buy disposable and absorbent underpants for your baby to wear to bed.
- Be supportive and encouraging. Tell your child that he/she will get over this problem. Calmly change the bed sheets.
- Remind your child to urinate before bedtime.
- Try to restrict your child's intake of fluids two hours before bedtime.

DON'T:

- Don't make a fuss about the bed wetting. It may be embarrassing for the child and he/she doesn't need any extra attention about it.

Bed wetting for infants and children up to five years of age is considered common.

However, for teenagers and adults, it is considered a medical condition that may be related to emotional problems.

