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Q: How can I get rid of bad breath?

A: It's everywhere. Buy this and prevent foot odor; buy that and avoid body odor. It's no surprise that bad breath is socially unacceptable. Every year, advertisers spend millions to sell their mouthwashes for bad breath.

You must understand that using a mouthwash for chronically bad breath can actually mask periodontal, or gum, disease. Diseased gums and tooth decay are the two most common causes of bad breath, or "halitosis." If you smoke, you're not only more likely to have bad breath, but also to get periodontal disease. Eating strong foods, like onions and garlic, is rarely the real cause of chronic bad breath.

If you must, a saltwater rinse can be used instead of a mouthwash. You may have guessed by now that the best way to keep your breath fresh is by daily brushing and flossing, and keeping regular dental checkups. Your gums need your help in this so they can fight off plaque and deposits.



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Christoph Summer
Owner/Administrator

Q: My mother is moving to a retirement residence. One day she is enthusiastic about the idea, the next, she is not. How do I handle the situation?

A: First of all, be supportive. Listen and then try to accentuate the positive aspects of the move. This is a big decision for your mother because *any* move, at *any* age, is stressful.

If your mother is like many seniors she may be lonely. You might discuss the enriched lifestyle she can enjoy as most retirement homes provide a variety of recreational programs. You can also highlight the fact that most retirement homes have 24 hour staffing if she is nervous about being alone in the house.

If independence is the issue, point out that a residence is a hotel-like setting. Your mother (and any visitors) can come and go or phone at any time. She can entertain friends and family without the worry of cooking meals or cleaning house.

Remember too, that if she changes her mind, retirement homes cannot ask your mother to sign a lease. She will only need to give 30 days notice.

The important thing to remember is to be patient! Take the time to listen to her concerns and help her see the many advantages of moving to a retirement home.

"To solve big problems you have to be willing to do unpopular things." ~ Lee Iacocca