

The Causes of Oral Health Problems in Infants

Alberto Grao Dianes*

Department of Clinical Pediatrics, Loma Linda Medical University, New Jersey, USA

Bad breath is quite frequent, affecting people of all ages, including infants. It might be caused by an oral infection or a hidden infection in the body. Allergies, colds, and sinusitis, which are the most frequent cause of foul breath, can all contribute to the buildup of postnasal discharge. Dental caries and other dental abscesses, mouth breathing, nasal foreign bodies, ailments such as digestive issues, asthma, liver disorders, and nutrition are some of the other causes. It is feasible to eliminate bad breath in infants by following a set of guidelines.

Cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood in the United States. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't. The good news is that cavities are preventable. Fluoride varnish can prevent about one-third (33%) of cavities in the primary (baby) teeth. Children living in communities with fluoridated tap water have fewer cavities than children whose water is not fluoridated. Similarly, children who brush daily with fluoride toothpaste will have fewer cavities. Dental sealants can also prevent cavities for many years. Applying dental sealants to the chewing surfaces of the back teeth prevent 80% of cavities [1].

Food particles are stuck in a number of places in the mouth. Bad breath can be caused by the responses of bacteria in these areas. I can think of tooth surfaces, grooves and gaps between teeth and gums, and holes on the tongue's surface as examples of these places. A few main factors that has to be addressed is the neglect of dental hygiene in infants. It can cause decay in the spaces between teeth, on the surface of the teeth, or even under an existing repair. It is predicted that children with these conditions would have foul mouth odour due to parental neglect of their children's oral health, such as not brushing during the day or eating sticky and sugary foods. Most infants avoid cleaning their teeth during the day, demonstrating their stubbornness in this circumstance [2].

Gingivitis is an inflammatory disorder that can cause a stinky mouth in infants. Gum inflammation is caused by inaccuracies in dental plaque clearance and a lack of oral care. Another prevalent cause of halitosis in infants is respiratory difficulties such as sinusitis, asthma, and adenoid hypertrophy. Diabetes, stomach infections, renal failure, liver difficulties, and oral cancer are all causes of severe mouth odour, which is uncommon in infants. Fungal infections that can be noticed as indications of developing poor breath in children following chemotherapy.

In most cases, Food particles buried between or below these appliances cause foul breath and are difficult to remove. Oral hygiene is more difficult when removable and fixed orthodontic equipment such as space retainers, space maintainers, brackets, and fixed wires are used on the teeth. If the children's oral hygiene is not precise enough, they will develop issues such as gingivitis, plaque buildup, and tooth calculus, all of which contribute to halitosis. As a result, children who use orthodontic equipment must pay greater attention to oral hygiene [3].

Halitosis is a condition that affects practically every society and, if left

untreated, can lead to mental illnesses and catastrophic consequences. There are two types of reasons for foul breath: pathogenic and non-pathological. Dental caries and tooth abscesses, poor oral hygiene, gingivitis, nutrition, diseases such as inflammation and infection of the sinuses and tonsils, and lastly respiratory and gastrointestinal issues all contribute to bad smell in infants. Parents will be eased of their fears by recommending a number of the most frequent strategies to help their children eliminate bad breath. If the condition persists, the child's therapy must be pursued under medical supervision in the shortest amount of time possible [4, 5].

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Conflict of Interest

The authors declare that they are no conflict of interest.

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*Corresponding author: Alberto Grao Dianes, Department of Clinical Pediatrics, Loma Linda Medical University, New Jersey, USA, E-mail: albertoGrao184@gmail.com

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