

## **AETIOLOGY AND MANAGEMENT OF HALITOSIS: EXPERIENCES AT A BREATH ODOUR CLINIC**

**Cameira-Nunes JD, Sioli JM, Ortiz A, Cobos-Fuentes MJ, Gallardo I, Martínez-Sahuquillo A**  
Department of Stomatology, University of Seville, Spain

**INTRODUCTION:** Halitosis is an unpleasant and often offensive odour emanating from one's breath. It has a high prevalence, independent of gender, age and socio-economic status. It is a reason for consultation which has become increasingly more frequent and it usually has much impact on the quality of life.

**OBJECTIVES:** To determine the aetiology in patients complaining of halitosis, and the previous resorting to health professionals.

**MATERIAL AND METHODS:** Transversal analytical study. The observation was carried out by a multidisciplinary team: dentist, ORL, gastroenterologist, internal medicine specialist and psychologist. The protocol consisted of: clinical history (including data on previous resorting to health professionals), specific diagnostic tests and other complementary ones when necessary. The sample was composed of 616 patients who presented themselves with halitosis complaints.

**RESULTS:** The prevalence of real halitosis was 77% (n=474) of the patients. The aetiologies found were: oral causes (78%), respiratory tract (9%), combination of both (5%), digestive causes (4%), systemic (2%), neuropsychological (1%) and not identified (1%). In patients with pseudo-halitosis (23%, n=142), 68% had carried out an upper endoscopy without presenting digestive complaints, and 61% had consulted more than five health professionals.

**CONCLUSIONS:** A complete and specific clinical history, focusing on related conditions and diseases, and a multidisciplinary approach are crucial factors for therapeutic success, saving time and expense.

**RELEVANCE:** A variety of psychological and systemic conditions frequently confuse health professionals, considerably increasing the charges and wasted time in consultations, fruitless examinations and treatments.