

# Correlation of Oral Hygiene Habits, Smoking and Nutritional Habits with Halitosis

Eurasian Clinical and Analytical Medicine **Letters to Editor**

## Correlation of Habits with Halitosis

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### To the editor:

We read with great interest the recently published paper by Ozler and Akoğlu entitled "Correlation of Oral Hygiene Habits, Smoking and Nutritional Habits with Halitosis" [1]. I'd like to congratulate authors and thank for sharing their experiences with us.

Authors had determined many factors that may cause halitosis in their study. In the light of this information, study gives us very useful information in the management of halitosis patients. However, in the discussion part patients with halitosis that consume milk / dairy products, meat /meat products, tea, soft drinks, spices, ketchup products more than control groups was recommended to remove these foods from diary as a first step in treating patients. In my opinion, remove of milk / dairy products, meat / meat products from the dairy would not be suitable on a daily basis for the rest of life and also may have adverse impact on health. Instead, I suggest oral hygiene recommendations as a first step in the treatment of halitosis. I think some food restrictions may be considered as the next steps in the management of halitosis.

We would like to specially thank for all authors that they have provided useful information to us about patients with halitosis and their dairy habits.

### References

1. Ozler GS, Akoglu E. Correlation of Oral Hygiene Habits, Smoking and Nutritional Habits with Halitosis. J Ann Eu Med 2014;2[2]:1-4.

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