utensils or straws. White says that college students are more prone to developing mononucleosis, due to a lowered resistance and living in close quarters with other students. “People can look as healthy as can be, but you have no idea what kind of diseases they are carrying,” says White. “To protect yourself, know the person you are kissing.”

If you’re still in the mood — and you and your partner are healthy — stealing some smooches may benefit your oral health by increasing saliva production. Saliva helps to wash away food particles and cavity-causing bacteria. It also protects teeth from decay by neutralizing harmful acids.

Another important consideration is when to kiss kissing is how to keep your breath in minty-fresh condition. White shares these tips to get fresh breath:

- Avoid spicy foods, such as onions and garlic, and coffee. These foods and drinks can be detected on a person’s breath for up to 72 hours after digestion.
- Brush and floss your teeth at least twice a day. Remember to brush the tongue, cheeks and the roof of the mouth.
- Chew sugar-free gum after meals to wash away food particles that get stuck between teeth and cause bad odors.

“If these methods don’t alleviate bad breath, members of the public should make an appointment with a general dentist to determine its source,” says White.

“If your dentist believes that the problem is caused internally, such as an infection, the dentist may refer to a family physician or a specialist to help remedy the cause of the problem.”

The AGD has made these and many other oral health tips available on its website for the public, located at www.KnowYourTeeth.com. This site is the AGD’s source of consumer information on dental care and oral health.

Its goal is to provide reliable information in a format that is easy to use and navigate, and to provide the tools that will help consumers of all ages to care for their teeth and other aspects of oral care.

The site answers important dental health questions, offers the latest information on current dental treatments and tips for first-rate oral hygiene and can help visitors find qualified dentists near where they live or work.

(Source: Academy of General Dentistry)

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