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Curd Bollen

Consultant Foundation for Oral Rehabilitation, Netherlands

Halitosis: Origin, detection and treatment

Bad breath, foetor ex ore or halitosis originates in 85% of the cases out of the oral cavity, although still a large public majority believes it comes out of the stomach. The remaining 15% can come out of the ENT region (10%) or from several systemic disorders (5% - so including the stomach/gastrointestinal tract).

Oral bacteria are at the origin of the problem. A clear correlation with chronic periodontitis has been found. Several oral niches play a role in the housing of these bacteria, of which the dorsum of the tongue is of utmost importance.

Detection can be performed physical (organoleptical) or by machinery (chair-side or in a laboratory).

The treatment consists of 2 approaches: (1) the in-clinic cleaning of the oral cavity, including the tongue and (2) the at-home maintenance instructions. In case of periodontitis, the whole periodontical protocol should be followed. 90% of the halitosis cases can be treated successfully, although a lifelong good oral hygiene has to be performed!

Moreover, we are often confronted with cases of pseudo-halitosis or even halitophobia. These patients need a special approach and are better off by a multi-disciplinary setting for their problems (including psychological support). Otherwise these patients continue "shopping" from clinic to clinic and from specialist to specialist...

Biography

Dr. Bollen studied dentistry at the Catholic University in Leuven (Belgium). He graduated in 1992 (DDS). Afterwards he started immediately with his PhD research and his MSc-specialisation in periodontology at the same university. In 1996 he received his PhD ("Full-mouth disinfection and hard surface smoothening reduce the subgingival microbial load"). In 1997 he finished his MSc in periodontology (dep. Prof. Dr. D. van Steenberghe). From 1998 on, Curd Bollen combined his private clinic (limited to periodontology, halitosis and implantology) with part-time jobs at different universities in Europe. He was consultant at the universities of Leuven and Liège (Belgium), Nijmegen (The Netherlands) and Bonn (Germany). From 2010 till 2012, he was clinical assistant professor at the university of Düsseldorf (Germany). Dr. Bollen published more than 25 articles in peer-reviewed international dental journals. He is editor of 2 online dental journals. For the moment Curd Bollen has his private clinic, limited to several dental specializations, in the Netherlands. He is consultant for the Foundation for Oral Rehabilitation and for the French implant company Anthogyr. His actual research interests are: halitosis, short/wide and thin/long implants and peri-implantitis

curdbollen@me.com

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