

# ARE YOU A MOUTH BREATHER?

# WORKS CITED & PHOTO REFERENCES

# MOUTH BREATHING

- Are you addicted to lip balm/chapstick?
- Do you drool at night?
- Does your mouth feel dry when you wake up?
- Do you experience "brain fog"?
- Do you snore?

If you answered "yes" to one or more of these questions...



**You may be a mouth breather...**

<http://www.myomnitherapy.com/>  
<http://www.rdhmag.com/articles/print/volume-29/issue-11/feature/orofacial-myofunctional-therapy.html>  
<http://www.hygienetown.com/magazine/articles/4040/mouth-vs-nasal-breathing>  
<http://www.myfaceology.com/what-is-a-tongue-thrust/>  
<https://aomtinfo.org/myofunctional-therapy>  
McKeown, P. (2004). Close your mouth: Buteyko Clinic handbook for perfect health. Dublin, Ireland: Buteyko Books.  
Marsiliani, R. (2014). Thinking about an alternate career path? Try Sleep Apnea! <http://www.dentistryiq.com/articles/2014/05/rdhgrad-thinking-about-an-alternate-career-path-try-sleep-apnea.html>  
Costa, JG., Villela OV., Mattos, CT., et al. (2017). Clinical recognition of mouth breathers by orthodontists: A preliminary study. American Journal of Orthodontics and Dentofacial Orthopedics, Volume 152, Issue 5, 646 - 653  
Ristiniemi, H., Perski, A., Lyskov, E. and Emtner, M. (2013). Hyperventilation and exhaustion syndrome. Scandinavian Journal of Caring Sciences, 28(4), pp.657-664.



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# WHAT IS MOUTH BREATHING?

# SO...WHAT'S THE BIG DEAL?

# THE ROLE OF THE DENTAL HYGIENIST

Mouth breathing occurs when either the nose is used very little (or not at all) to inhale and exhale air.

The physiologic effect of mouth breathing is called hyperventilation. This is a condition in which you take shallow, rapid breaths.

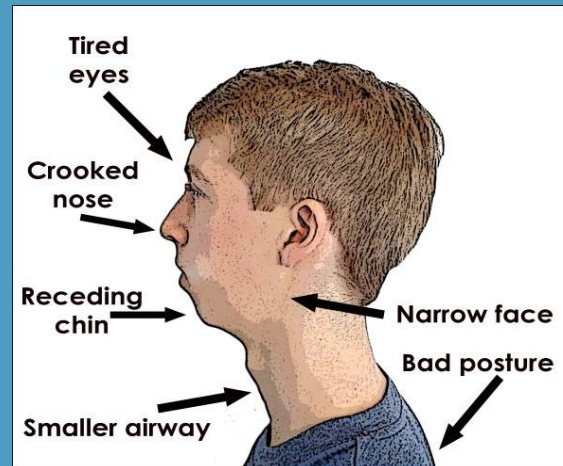
Healthy breathing occurs with a healthy balance between breathing in oxygen and breathing out carbon dioxide. You upset this balance when you hyperventilate by exhaling more than you inhale.



## CAUSES OF MOUTH BREATHING:

- ALLERGIES AND/OR FOOD SENSITIVITIES
- ENLARGED TONSILS OR ADENOIDS
- CHRONIC NASAL CONGESTION
- RESPIRATORY INFECTION
- ASTHMA
- DEVIATED SEPTUM
- NASAL POLYPS

*Abnormal facial development caused by mouth breathing*



*Mouth breathing causes a narrow face with crooked teeth*



*When mouth breathing occurs, the upper arch gets pushed in, causing a "V-Shaped Maxilla"*



- **ASK** the patient about mouth breathing during their medical history interview
- **PERFORM** intraoral exams (a survey of the airway and relevant structures)
- **EDUCATE** the patient about the negative oral health effects of mouth breathing
- **DISCUSS** potential treatment options

## BREAK THE HABIT! WITH MYOFUNCTIONAL THERAPY

### Learn How To:

- Breathe correctly
- Stop nail biting
- Stop snoring
- Eliminate open mouth posture
- Treat pain in the muscles of the face
- Improve Swallowing functions
- Decrease sleep apnea
- Stop tongue thrusting

## Mouth Breathing = Oxygen Deprivation

### Symptoms:

- Headaches
- Gingival inflammation & plaque
- Sore Throat & Colds
- Bad Breath
- Increased risk of cavities
- Sleep deprivation/Chronic Fatigue
- Upset Stomach, Gas & Acid Reflux