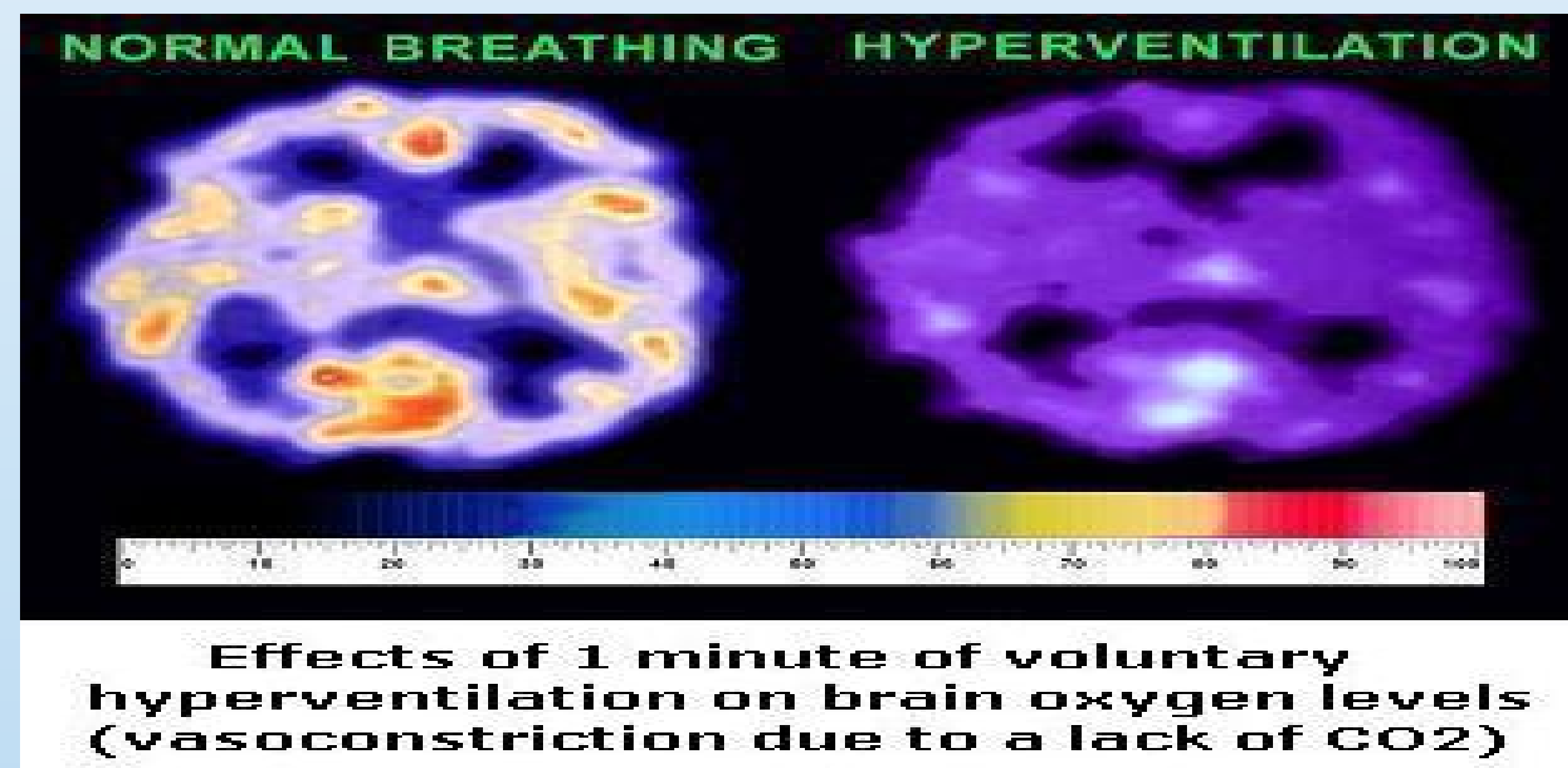


Hey you...Shut Your Mouth!

Mouth Breathing: Symptoms, Complications & Treatments

Luiza Kiyamova, Janeth Rud & Roseanna Torres

What is Mouth Breathing?



Mouth Breathing starts when a person can't get enough air through their nose, so the mouth takes over.

The physiologic effect of mouth breathing is called **hyperventilation**. This is a condition in which a person experiences rapid, shallow breathing.

What Causes Mouth Breathing?

- Allergies and/or food sensitivities
- Enlarged tonsils or adenoids
- Chronic nasal congestion
- Respiratory infection
- Asthma
- Deviated septum
- Nasal polyps



How Does Mouth Breathing Affect the Body?



Incorrect tongue placement which affects:

- Speech
- Swallowing
- Breathing
- Chewing



Structural mouth changes like:

- Weak lips
- No external support for the teeth
- Crooked teeth
- Malocclusion



Craniofacial abnormalities:

- Long, narrow faces & mouths
- Less defined cheek bones & weak chins
- Small lower jaws
- Gummy Smiles



Other effects on the mouth include:

- Mouth dryness (xerostomia)
- Bad breath
- Increased risk of cavities
- Gingival inflammation



Respiratory symptoms:

- Cough
- Chronic throat tickle
- Asthma
- Shortness of breath



Neurovascular symptoms:

- Lightheadedness
- Dizziness
- Memory loss
- Poor concentration

How is Mouth Breathing Corrected?

Myofunctional therapy can help you to:

- Breathe correctly
- Stop nail biting
- Decrease or stop snoring
- Eliminate open mouth posture
- Treat pain of the muscles of the face
- Improve swallowing function
- Decrease sleep apnea
- Stop tongue thrusting
- Prevent orthodontic relapse due to tongue thrusting

The Role of the Dental Hygienist



- **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