

# Dr. Little's Dental News

*Presented by Jeffery Little, D.D.S.*



## BAD BREATH AND BEYOND

The smell of a person's breath can be indicative of a number of health conditions. For instance, breath that smells like "acetone" (nail polish remover) may be a sign that a diabetic is not managing his or her blood sugar well. In such cases, the body does not receive enough insulin to break down glucose in the blood. When the body cannot get its energy from sugar, it switches to burning fat for fuel instead. The process of breaking down fat to use as energy releases by-products called "ketones," including acetone. If ketone levels rise too high, the blood can become acidic and affect how other organs in the body function. Recognizing ketone

breath may help avert a serious problem.

As part of your healthcare team, we are concerned about all aspects of your health. If a medical condition comes to our attention during a dental exam, you can be sure we will discuss the issues with you as well as any other healthcare provider if you choose. We bring you our dental column as a way to inform our friends and neighbors here in Placerville of the many benefits of professional dentistry. For gentle dental care for the family, please call us for an appointment.

P.S. Breath analysis may help identify "prediabetes" when diabetes is in its early stage.

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*Dr. Little provides quality family and cosmetic dentistry.*

*His office is located at 344 Placerville Dr., Suite 19, Placerville.*

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