Halitosis Consultation Hour

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Halitosis Questionnaire

How do you know you have halitosis?	❍nonverbal communication of other people ❍someone told me ❍I just know
When did you first notice you have bad breath?	❍……years ago ❍……months ago ❍……weeks ago
How intense do you think is your halitosis?	❍ very intense ❍ average ❍ weak
Name a situation in which you became conscious of having halitosis. ……	
Do you suffer from stress	❍ yes, very much so. ❍ yes ❍ average ❍ little
When do you experience your halitosis most often?	❍ after awakening ❍ when I am hungry or thirsty ❍ when I am tired ❍ constantly over the whole day ❍ at work ❍ when I talk with other people ❍ other……..

How often do you have halitosis?	❍ once a month ❍ once a week ❍ every day ❍ always
Do you smoke?	❍ no ❍ yes If you ticked yes, please state how many cigarettes you smoke in one day: …….
What is your profession? …….	Re you stressed by your job? ❍ yes ❍ no
Do you recognize a relationship between your work and your halitosis?	❍ yes ❍ no
Describe your bad breath as precisely as possible: (*e.g.* bitter, burning, foul, flowery, fruity, garlic, faecal, rancid, stinky, sweet): ……	
Does your halitosis affect your social life? If yes, in what way? ……..	
At what distance do you think is your bad breath perceivable?	❍ 30 cntimetres ❍one meter ❍ further than one meter
Are there any coatings on your tongue	❍yes ❍no
How often do you brush your teeth?	……..times a day
Do your gums bleed?	❍yes ❍no
Do you use dental floss?	❍yes ❍no
Do you use a mouthwash?	❍no ❍yes If yes, how often? ……times per……..

	Brand of mouthwash:……
Are you allergic to anything?	❍no ❍yes If yes, to what?.....
Do you frequently suffer from cold? Do you frequently have to clean your nose?	❍no ❍yes
Do you suffer from xerostomia (dry mouth)?	❍no ❍yes If yes, how often?.....times per…….
Do you think you have bad breath at the moment?	❍no ❍yes
Do you currently take medication of the following types?	❍antibiotics ❍asthma spray ❍antacids ❍antidepressants ❍other medication……
What do you think is the origin of your halitosis?	❍mouth ❍nose ❍both
What did you do about your bad breath so far?	❍nothing ❍mouthwash ❍chewing gum ❍"sweets" ❍avoid certain foodstuffs, namely……. ❍other…….

Did you consult any other doctors because of your halitosis (*e.g.* dentist, general practitioner, ETN)	❍no ❍yes If yes, when?..... If yes, what kind of doctor(s)? ❍dentist ❍general practitioner ❍ENT doctor ❍doctor for internal medicine ❍other……
What did this doctor/these doctors do about your halitosis?	❍examination of mouth ❍examination of throat ❍examination of sinuses ❍examination of stomach ❍blood test ❍X-ray ❍gastroscopy ❍dental treatment ❍other……..
Did these doctors prescribe or recommend any medication?	❍no ❍yes If yes, which? ❍antibiotics ❍antacids ❍mouthwash ❍lozenges ❍others:……..
Were you ever treated for halitosis by an alternative/holistic doctor (chiropractitioner, homeopath)	❍no ❍yes If yes, which kind of treatment? ……

Did you ever suffer from one or more of the following diseases or conditions?	❍sinusitis ❍diseases of the nose ❍stomach problems ❍diseases of the lung or the bronchial tubes? ❍diseases of the liver ❍xerostomia ❍psychic conditions ❍other: ……..
Do you keep a particular diet?	❍no ❍yes If yes, what?.....
Did you ever encounter one of the following problems because of your bad breath:	❍I avoid talking with other people ❍I am shy whenever someone approaches me ❍I don't like meeting other people ❍I cannot start a relationship ❍other people avoid me ❍others:…….. ❍no, none of these problems.
Are you shocked by other people's reaction to your bad breath	❍no ❍yes If yes, what reaction did your breath evoke? ……
Are you sure this reaction was evoked by your breath?	❍no ❍yes