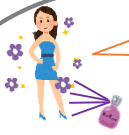


Health Bulletin



How about that, my scent? I've got my perfume on point today! Doesn't it smell nice?



This is troublesome. How should I explain it?

Various Smells



It's especially hard to mention body odor.



Good work today. It's getting warmer and I just can't stop sweating...

Bad Breath



Body odor



What does bad breath smell like?

The smell of bad breath is said to be the smell of sulfur compounds, often described as the smell of rotten eggs or onions, but it might be easier to imagine the strong sulfur smell of a hot spring area.

Where on the body is odor most likely to occur?

Odor tends to originate particularly from areas like the armpits, scalp, and soles of the feet, where bacteria can easily proliferate due to sweating, and over time, this decomposition results in body odor.

What causes bad breath?



Many people think that bad breath is due to not brushing teeth, but the truth is, **even if you brush, if you do not brush properly, the breath will still smell bad.** The smell of sulfur compounds actually comes from gases produced by bacteria in the mouth, which break down protein for food.

Is sweat the cause of body odor?

There are two types of sweat glands: "eccrine glands" and "apocrine glands".

	Eccrine Glands	Apocrine Glands
Distribution	Entire body (especially palms and soles)	Armpits, around the genitals
Components	Water (99%), sodium, potassium, etc.	Water, proteins, lipids, fatty acids, cholesterol, etc.
Characteristics	Sweating occurs when body temperature rises or during	Active during puberty.
Odor	Initially odorless, but bacterial growth over time leads to odor development.	Contains elements that contribute to strong odor, conditions with strong odor from these glands are called "bromhidrosis."

So, does that mean the more bacteria in the mouth, the stronger the bad breath becomes?



Yes, that's right. If there are a lot of bacteria, it can lead to periodontal disease, and as periodontal disease progresses, bad breath becomes stronger, making treatment and daily care important.

How can we reduce bacteria?



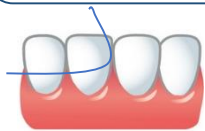
The bacteria that produce gas dislike air, so they hide within the gums. To remove these hidden bacteria, a toothbrush alone is not sufficient; you need to use dental floss. Smell the floss after using it; that smell is the smell of bad breath.

How should I take measures?

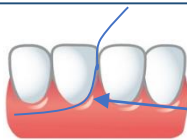
If you sweat, wipe off with antibacterial or wet wipes to block the growth of bacteria. Also, changing into a fresh set of underwear can be a good strategy.

Let's use Dental floss!

Floss is not just a tool for cleaning between teeth. It is also a tool that can clean the grooves of the gums (periodontal pockets).



Bad Floss



Good Floss

You should floss into the gums because there are bacteria here!

If there are many checks, it's important to be cautious.



I am worried about having bromhidrosis.

- ❑ One of my parents has bromhidrosis.
- ❑ The armpit area of white clothes turns yellow.
- ❑ Earwax is moist and sticky.
- ❑ Particularly hairy underarms.
- ❑ White powder sticks to underarm hair.
- ❑ Excessive underarm sweating.

At the clinic, you can also get checked for bromhidrosis. If you're worried, don't hesitate to consult.



Chemical Odors

Perfume



Even if the person wearing the perfume enjoys the scent, it does not guarantee that others will like it too. Furthermore, continuous use of perfume can lead to olfactory adaptation, where the wearer becomes accustomed to the fragrance and may unconsciously apply more than necessary.



Chemical Odors

Fabric Softener








Many people prioritize the "pleasant scent" of fabric softeners over their functionality, and some feel unsatisfied unless the scent persists on clothes long after they are dry. Like with perfumes, people can become adapted to scents, so it is important to be cautious about the amount of fabric softener used. Have you been using more during laundry?

Chemical Odors

Cigarette Smoke



Cigarette smoke contains hundreds of chemical substances, and the mixture of these chemicals produces a distinctive odor. The particles from the smoke and its base are very small, making them likely to adhere to clothing fibers and hair, causing the odor to penetrate deeply.

Factors	Perception of Smells
 Aging	Although individual differences exist, the sense of smell generally declines with age, especially the cognitive ability to identify specific odors, which decreases rapidly with age.
 Individual differences	The minimum concentration at which odors can be sensed varies among individuals but the sensitivity to odors is often more influenced by differences in awareness rather than significant functional differences.
 Health status	The sense of smell can be affected by conditions like nasal congestion due to a cold, fatigue, and lack of sleep. In women, the sense of smell can also be influenced by the menstrual cycle and pregnancy.
 Gender differences	While the differences are not large, statistically, women tend to have a more acute sense of smell than men. The rate of decline in olfactory function with age is greater in men than in women.
 Diurnal variations	The perception of smells can subtly vary between morning and night, regardless of one's health status. It is said that during the daytime activity period, odors are evaluated more diversely compared to early morning or night.
Adaptation	Being continuously exposed to a certain odor can lead to a decreased sensitivity to that smell, a phenomenon known as "adaptation." Similar expressions include "habituation" and "olfactory fatigue."
Odor concentration	While a low concentration of an odor, such as in perfume, may be pleasant, it can become unpleasant as the concentration increases.

Examples of Initiatives in the Company

- Create awareness materials to encourage employees to be considerate about odors in the workplace.
- Set up a harassment consultation service (as part of health consultations).
- Conduct surveys to gather feedback from employees.
- Provide sweat wipes and deodorant sheets within the office.
- Install air purifiers.

Odors can also affect concentration, so it's an important issue.



If everyone pays a little attention, it can create a better environment!

