

How did you realize you have mouth odor?

Nonverbal body language by other people
Somebody told me
I just know

When was the first time you noticed you had mouth odor?

_____ years ago
_____ months ago
_____ weeks ago

How strong do you think is your mouth odor?

strong
average
minor

Name some situations in which you realized you have mouth odor:

How would you describe your stress level right now?

extreme
high
average
low

In which situations is your mouth odor more frequent or stronger than usual?

After waking up
When I am hungry or thirsty
When I am tired
All day
At work
When I talk to other people
Other _____

How often do you have mouth odor?

Once a month
Once a week
Every day
Always

Do you smoke?

No
Yes
If yes, how many cigarettes per day? _____

What do you do for a living?

Is your job stressing you?
Yes
No

Do you see a connection between your job and your mouth odor?

Yes
No

Please describe your mouth odor as detailed as possible (Examples: bitter, burning, putrid, floral, fruity, garlicy, fecal, rancid, foul, sweet):

Does your mouth odor influence your private or social life? If yes, in what respect?

How far is the range of your mouth odor?

30 centimeters
one meter
more than one meter

Do you notice furrings of your tongue?

Yes
No

How often do you brush your teeth?

___ times per day.

Do you suffer from gum bleeding?

Yes
No

Do you floss?

No
Yes
If yes, how often? ___ times per ___

Do you use mouthwash?

No
Yes
If yes, how often? ___ times per ___
Name of mouthwash: _____

Do you suffer from allergies?

No
Yes
If yes, what are you allergic to? _____

Are you frequently snuffy? Do you often have to clean your nose?

No
Yes

Do you suffer from dryness of the mouth?

No
Yes
If yes, how often? ___ times per ___

Do you think you are having mouth odor right now?

Yes
No

Are you currently taking the following medication?

Antibiotics
Asthma inhaler
Medication against gastric acid
Antidepressants Other: _____

Where do you think your mouth odor proceeds from?

the mouth
the nose
both

To which causes would you – in your case - attribute the mouth odor?

Which steps have you taken so far to fight your mouth odor?

None
Mouthwash
Chewing gum
Candies
Avoidance of certain foods such as:

Other: _____

Have you already consulted other doctors about your mouth odor? (e.g. dentist, family doctor, otolaryngologist ...)

No
Yes

If yes, when? _____

If yes, which kind of doctor:

Dentist
Family doctor
Otolaryngologist
Internal specialist
Other doctor: _____

Which steps have been taken by other doctors to treat your mouth odor?

Examination of the mouth
Examination of the throat
Examination of the sinuses
Examination of the stomach
Blood examination
Gastroscopy
Dental treatment
Other: _____

Have these doctors prescribed or recommended any medication or other compounds?

No
Yes

If yes, which ones?

Antibiotics
Medication against gastric acid
Mouthwash
Lozenges
Other: _____

Has your mouth odor also been treated by an alternative or holistic practitioner? (chiropractor, homeopath, ...)?

No

Yes

If yes, which type of treatment?

Have you ever suffered from the following illnesses or afflictions?

Sinusitis

Nose disease

Stomach problems

Disease of the lungs or bronchial tubes

Liver disease

Dryness of mouth

Erkrankungen des Gemüts

Andere: _____

Are you following a specific diet?

No

Yes

If yes, which one?

Do you have one of the following problems resulting from your mouth odor?

I avoid talking to other people

I feel inhibited when somebody approaches me

I don't feel like meeting other people

I can not get into closer contact with other people

Other people are avoiding me

Other: _____

No, I don't have any of these problems

Where you hurt by other peoples' reactions to your mouth odor?

No

Yes

If yes, which kind of reaction did your mouth odor trigger?

Ar you sure that this reaction was triggered by your mouth odor?

No

Yes