CAVITIES & TIPS FOR AVOIDING THEM

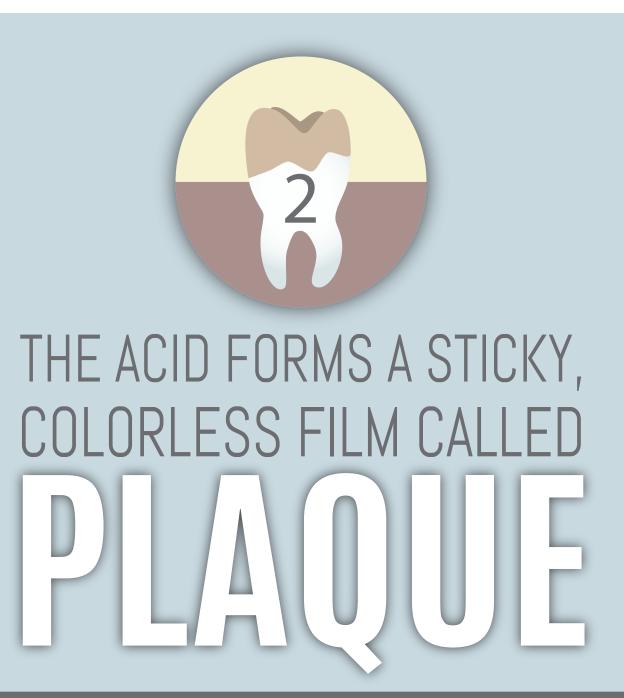


COMBINE WITH NATURALLY OCCURRING BACTERIA & SALIVA

TO CREATE ACID

THE PLAQUE
CONTINUES TO
PRODUCE MORE
ACID, WHICH
WEARS AWAY THE
TOOTH ENAMEL & CAUSES
CAVITIES TO FORM





HOW TO COMBAT CAVITIES

Brush at least twice a day and floss at least once a day.

Choose toothpaste with fluoride.

Eat a nutritious diet and limit sugary or starchy snacks.

Come in for regular dental checkups (every six months!).