

# CAVITIES & TIPS FOR AVOIDING THEM



## SUGARS & STARCHES

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**



THE ACID FORMS A STICKY, COLORLESS FILM CALLED  
**PLAQUE**

## HOW TO COMBAT CAVITIES

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

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Choose toothpaste with fluoride.

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Eat a nutritious diet and limit sugary or starchy snacks.

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



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