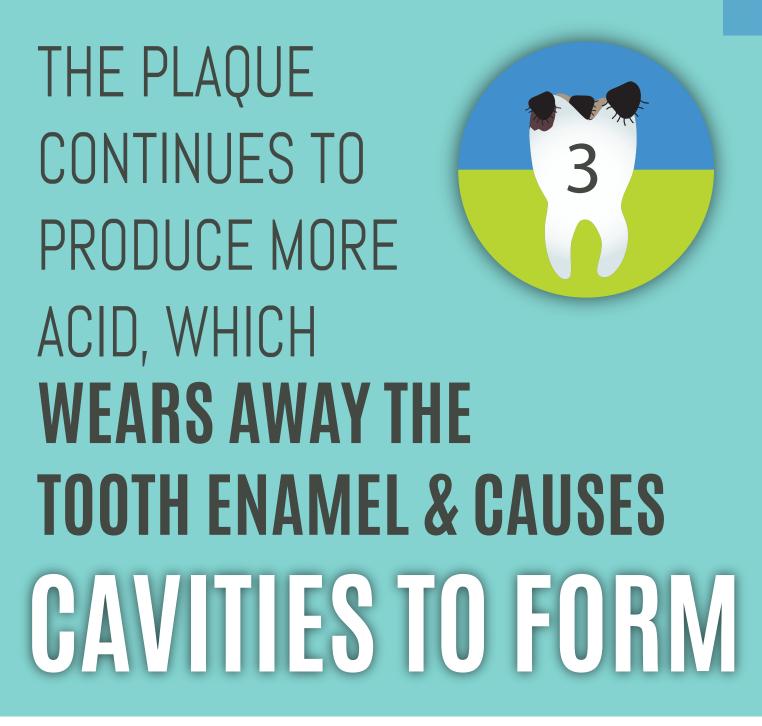
CAVITIES & TIPS FOR AVOIDING THEM



COMBINE WITH NATURALLY OCCURRING BACTERIA & SALIVA

TO CREATE ACID







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!).