

CAVITIES & TIPS FOR AVOIDING THEM



SUGARS & STARCHES

COMBINE WITH NATURALLY OCCURRING BACTERIA & SALIVA TO CREATE ACID



THE ACID FORMS A STICKY, COLORLESS FILM CALLED

PLAQUE

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!).



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