

Dental Caries

What Are Dental Caries?



- **Cavities**- holes that penetrate your tooth's enamel, unwanted, unpleasant, often painful
- **Tooth Decay**- germs, food and unprotected teeth
 - **Plaque (sticky whitish stuff)**- promotes tooth decay



What Is The Cause?

- **Genetics**- (weak enamel)
- **Inadequate**- fluoride
- **Poor**- oral hygiene habits
- **Inadequate**- supply of saliva, caused by illness or medications

Information:

- **Counteracts the Cavity causing Effects**- aged cheese along with sugar and starches
- **Good for Teeth**- Green tea, chocolate, peanuts, fruits and vegetables
- **Eat**- high fiber foods, drink plenty of sugar free fluids, water



What Can I Do?

- **See your Health Care Provider or Dentist- for more information**
- **Brush**- a minimum of twice a day-in morning and at night
- **Floss**- at least once per day
- **Regular**- Checkup with your Dentist, Cleaning of the Teeth
- **Diet**- see a Registered Dietitian

