

What are cavities??

"cavities" is another way of saying tooth decay which is damage to the tooth structure caused by a combination of factors such as:

- ♥ bacteria in your mouth
- ♥ sipping sugary drinks
- ♥ frequent snacking
- ♥ poor brushing & flossing



Who is at Risk??

both adults and children can be affected by tooth decay:

- ♥ diets high in carbs
- ♥ dry mouth
- ♥ some medications
- ♥ poor oral hygiene
- ♥ low fluoride intake
- ♥ systemic diseases (autoimmune, diabetes, hiv)

Prevention

Top tips to prevent tooth decay

- ① snack less in between meals
- ② Limit sugar intake
- ③ brush & floss daily
- ④ use fluoride products
- ⑤ visit your dental office biannually

References

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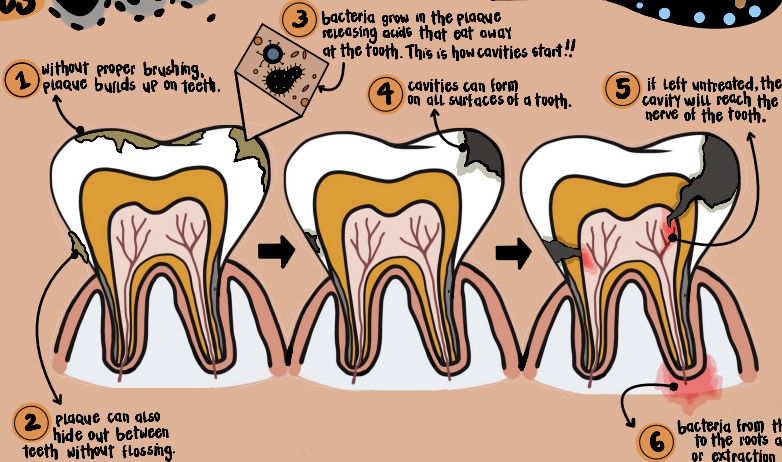
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STAGES OF TOOTH DECAY



Treatments

see your dentist at the first sign of a cavity!!

Treatments include...

- ♥ fluoride treatments to strengthen tooth
- ♥ fillings (the removal of decay and placement of filling)
- ♥ root canal (the removal of decayed Pulp and placement of filling in its place)
- ♥ extraction (most severe cases as last resort)