

# TOOTH DECAY

## WHAT IS TOOTH DECAY?

TOOTH DECAY OCCURS WHEN ACIDS WEAR AWAY THE TOOTH'S HARD SURFACE LAYER CALLED ENAMEL.

THE ACIDS ARE MADE FROM A STICKY FILM CALLED PLAQUE.

PLAQUE HAS GERMS IN IT THAT FEED OF REFINED CARBOHYDRATES (SUGARS).

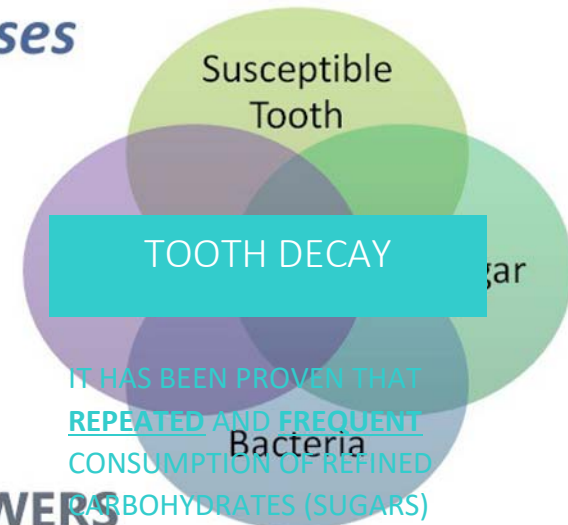
OVERTIME, TOOTH DECAY CAN CAUSE A HOLE (CAVITY) IN THE TOOTH SURFACE THAT MAY GET BIGGER IF NOT TREATED.

IF LEFT UNTREATED TOOTH DECAY CAN CAUSE PAIN AND LOOK UNPLEASANT.

TOOTH DECAY IS ALSO KNOWN AS CARIES.



## What Causes Cavities?



IT HAS BEEN PROVEN THAT REPEATED AND FREQUENT CONSUMPTION OF REFINED CARBOHYDRATES (SUGARS) DOES CAUSE TOOTH DECAY.

## ORAL ANSWERS

For a cavity to occur, all the above aspects must be present. THEREFORE, IT IS RECOMMENDED THAT FOOD AND DRINKS (WITH THE EXCEPTION OF WATER) ARE CONSUMED NO MORE THAN FOUR TIMES A DAY

1. BREAKFAST
2. LUNCH
3. DINNER
4. ONE OTHER SNACK

Occlusal

Tooth decay can be avoided by;

- ✓ Brushing teeth twice a day.
- ✓ Cleaning regularly in-between teeth.
- ✓ Using fluoride toothpaste.
- ✓ Using a fluoride mouthwash.
- ✓ Reducing sugar consumption.
- ✓ Regularly attending dental appointments.