What is a cavity and how does it form?

A cavity is a small hole in a tooth. Plaque is a sticky, clear film that is constantly forming on your teeth. If you do not brush your teeth before you go to bed you will have a filmy layer and plaque on your teeth. In the morning your mouth may taste or smell bad. The sugars and the germs in plaque mix together to make acid. The sugar and acids in your mouth attack your teeth and can make cavities.

What can you do? Brush twice a day with a fluoride toothpaste. Fluoride prevents cavities by strengthening and protecting tooth enamel. Move the brush back and forth gently in short strokes. Brush the top, front, and back sides of each tooth. Use only a soft toothbrush. Eating nutritious food is the best way to keep your teeth and body healthy. Stay away from soda pops & sport drinks—they have a lot of sugar & acid. Only drink 100% fruit juice and limit the amount you drink each day. Water is a great beverage choice, too! Healthy foods like bananas, carrots, milk, apples, and other fruits and vegetables are great for you!!!

Questions? -Please call us at 801-538-9177 or see http://health.utah.gov/oralhealth/

YOU CAN DO IT!!!