

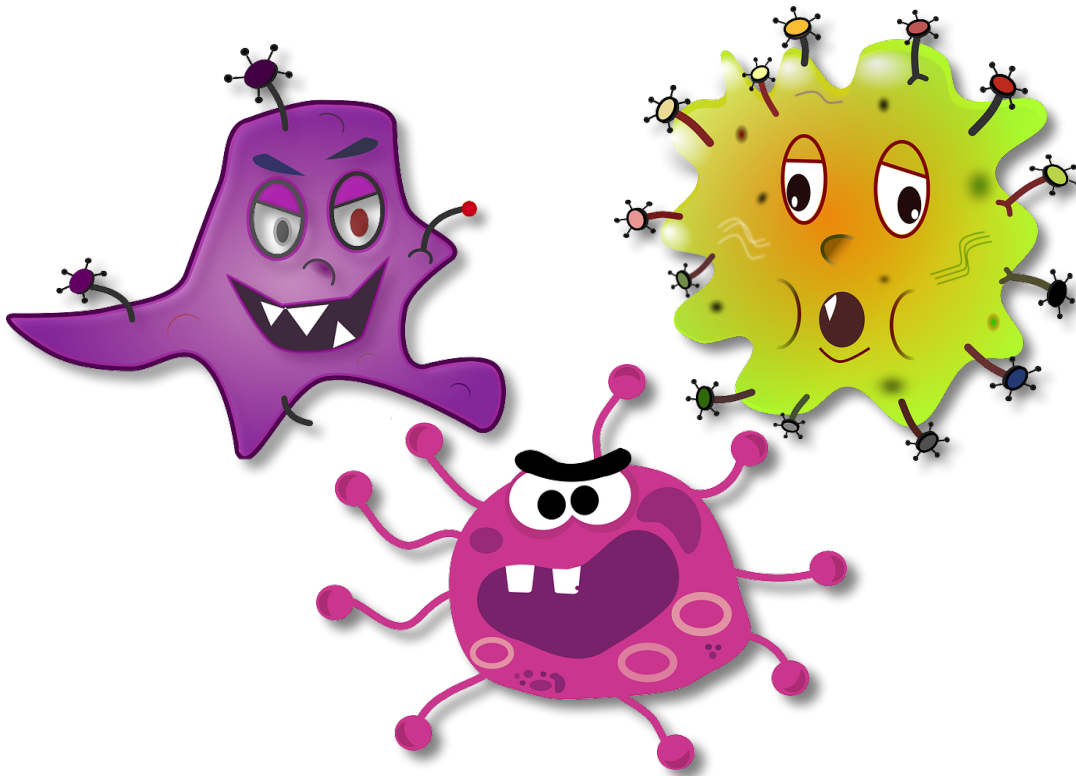
BETHESDA DENTAL SPECIALTIES PRESENTS:

ALL ABOUT CAVITIES

Cavities are a common problem for children - how can they be prevented?

3 Best Ways To PREVENT Cavities!

While cavities are a common problem, the best way to have a healthy smile is PREVENTION! Take a look at our favorite ways to avoid these mouth pests.



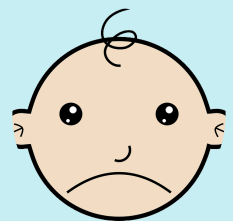
What is a cavity?

A cavity is a tiny hole in your tooth, and occurs when the enamel of your tooth is destroyed.



Did you know?

Cavities can lead to tooth decay and gum disease.



Symptoms of cavities:

Toothaches

Pain

Tooth sensitivity

1

START HEALTHY HABITS EARLY!
BRUSH TWICE DAILY AND AS SOON AS THE FIRST TOOTH ERUPTS.

2

FLUORIDE IS YOUR FRIEND. USE A FLUORIDE TOOTHPASTE - REGULAR USE WILL TOUGHEN ENAMEL.

3

AVOID SUGARY FOODS AND DRINKS. BACTERIA MIXES WITH SUGAR TO FORM AN ACID AND ATTACKS TEETH.