DENTAL HEALTH

How tooth decay happens

1



Sugar arrives

Sugary food and drink coat the teeth.

2



Bacteria feed

Bacteria in plaque feed on the sugars.

3



Acid is made

The bacteria release acid after each sugar hit.

4



Enamel weakens

Repeated acid attacks dissolve minerals from enamel.

5



A hole forms

Without treatment, decay spreads and can cause pain and infection.

6



Stop the cycle

Brush with fluoride toothpaste, cut down on sugar and see a dentist.

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