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.

postertemplate.co.uk