

# TOOTH DECAY

## TOOTH DECAY PREVENTION

A routine dental cleaning is the first step in preventing tooth decay. At home, brush your teeth twice a day with a fluoride toothpaste and clean between your teeth once a day with floss. Drink water that contains fluoride as a way to make your enamel stronger.

## TOOTH DECAY TREATMENT

Tooth decay can be painful and may result in the loss of your tooth. Without proper treatment, bacteria can travel through the tooth and develop into a tooth abscess known as a severe infection under the gums. This infection can spread to other parts of the body with serious consequences. As of 2017, new technology has made it possible for your dentist to teach you how to prevent and even fix tooth decay in the early stages.

## TOOTH DECAY EXPLANATION

Tooth decay is a dental condition that involves a balance of the mineral loss and replacement in response to the daily acid attacks resulting from foods. Tooth cavities and the decay process can be prevented by working closely with your dentists and following their plan for you. Eating foods at the right time during meals and avoiding snacks between meals can help reduce or prevent your decay. Brushing your teeth with a toothpaste with Fluoride, ADA Accepted Label, at least twice daily is an important step toward balancing the acidic environment of your tooth surfaces and preventing the tooth decay process from continuing to become cavities.

## TOOTH DECAY AND BAD BREATH

Bacteria from **tooth decay** cause bad breath known as halitosis or malodor. The bacteria in dental plaque produce waste products which are foul smelling sulfur compounds. One of the components of plaque is bacteria. As plaque builds up on teeth, it makes them look dirty.

This condition can be embarrassing on those around you. Some people don't even realize their breath smells bad because people are afraid to tell them.