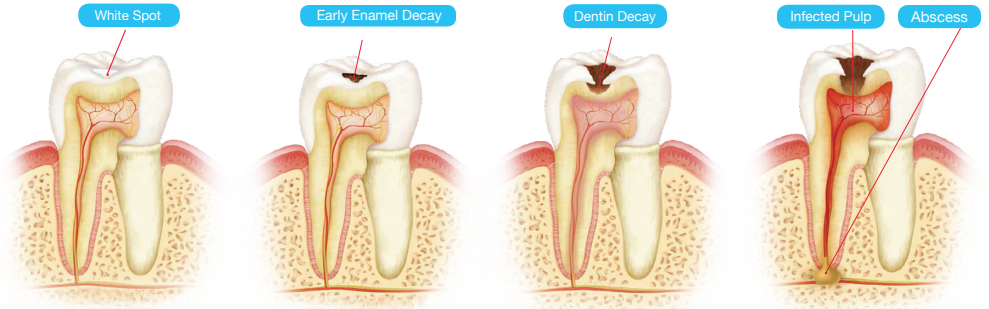


# CAVITIES



Both children and adults are at risk of developing cavities, or tooth decay. Cavities are the result of poor oral hygiene and retained dental plaque on the tooth surface. Bacteria in plaque produce acid that destroys the tooth's enamel and its underlying layer the dentin, and can eventually reach the tooth's nerve.



White spots are the earliest stage of decay and is reversible

Left untreated, the area may continue to break down, resulting in early enamel decay

Restoring the tooth with a filling is often necessary

Infected pulp, or nerve, can cause an abscess, which can require root canal treatment

## WHAT CAN I DO TO PREVENT CAVITIES?

Take these simple steps to avoid the pain and consequences of cavities:

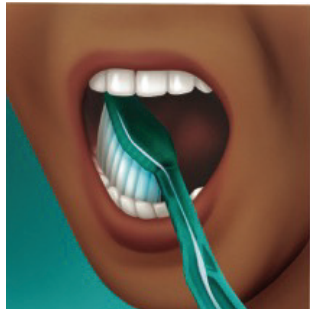
- Brush at least twice a day using a fluoride toothpaste, which strengthens teeth
- Floss at least once a day

- Use fluoride treatments or supplements as provided by your dentist
- Eat tooth-healthy foods such as fresh fruits, vegetables, cheese and other dairy products.
- Avoid sugary snacks and beverages

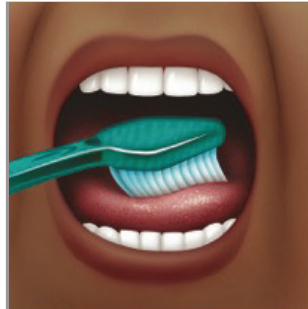
## THE RIGHT WAY TO BRUSH



Clean the outer surfaces of your upper teeth, then your lower teeth by brushing away from the gumline



Clean the inside and chewing surfaces of your upper teeth, then your lower teeth using short back-and-forth strokes

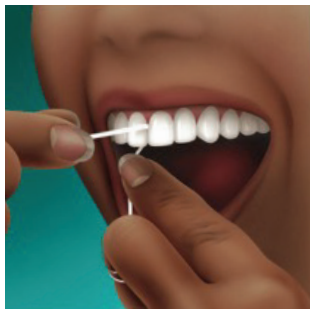


Gently brush your tongue to remove odor-causing bacteria for fresher breath

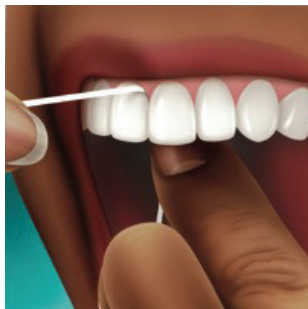
## THE RIGHT WAY TO FLOSS



Use about 18 inches of floss, wrap around middle fingers, leaving an inch or 2 to work with



Holding floss taut, gently slide up and down between your teeth



Keep floss pressed against the tooth but never snap the floss against the gums

## WANT THE BEST PRODUCTS FOR CAVITY TREATMENT AND PREVENTION?

Cavities are not only painful, but bad for you too. Try some Colgate® products specifically designed to help prevent cavities.



COLGATE TOTAL® ADVANCED DEEP CLEAN



COLGATE® Triple Action Toothbrush



COLGATE® SENSITIVE PREVENT & REPAIR