

Ask your dentist the following questions about *cavities*, so you can prevent them!

1. What is the difference between plaque and tartar?

2. How quickly can plaque form on your teeth?

3. How does bacteria eat tooth enamel, and how does bacteria cause cavities?

4. How does sugar help to cause cavities?

5. What causes toothaches?

6. What can a build up of tartar lead to?

7. What does flossing do?

8. Now, outline the steps you can take to have healthy teeth.

9. Will you change anything from your current routine to make sure that you have healthy teeth?
