

# Tooth Decay Quick Reference Guide: Your Comprehensive Illustrated Guide to Understanding and Preventing Cavities

Tooth decay is a common problem that can affect people of all ages. It is caused by a combination of factors, including bacteria, plaque, and sugar. If left untreated, tooth decay can lead to cavities, which are holes in the teeth. Cavities can be painful and can even lead to tooth loss.



## Tooth decay- Quick Reference Guide: Full illustrated

★★★★★ 5 out of 5

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The good news is that tooth decay is preventable. By following a few simple steps, you can help keep your teeth healthy and cavity-free.

## What Causes Tooth Decay?

Tooth decay is caused by a combination of factors, including:

- **Bacteria:** Bacteria are always present in the mouth. When you eat sugary foods and drinks, bacteria feed on the sugar and produce acids. These acids can damage the teeth and lead to cavities.

- **Plaque:** Plaque is a sticky film that forms on the teeth. It is made up of bacteria, saliva, and food particles. Plaque can trap bacteria and acids against the teeth, which can lead to cavities.
- **Sugar:** Sugar is a major culprit when it comes to tooth decay. When you eat sugary foods and drinks, bacteria in the mouth feed on the sugar and produce acids. These acids can damage the teeth and lead to cavities.

## How to Prevent Tooth Decay

There are a few simple steps you can follow to help prevent tooth decay:

- **Brush your teeth twice a day with a fluoride toothpaste.** Fluoride helps to strengthen the teeth and make them more resistant to decay.
- **Floss your teeth once a day.** Flossing helps to remove plaque and food particles from between the teeth, where a toothbrush can't reach.
- **Limit your intake of sugary foods and drinks.** When you do eat sugary foods and drinks, be sure to brush your teeth afterwards.
- **Visit your dentist regularly for checkups and cleanings.** Your dentist can help to identify and treat any signs of tooth decay early on, before they become more serious.

## Tooth Decay Images

The following images show what tooth decay looks like at different stages.

## TOOTH DECAY

HEALTHY TOOTH

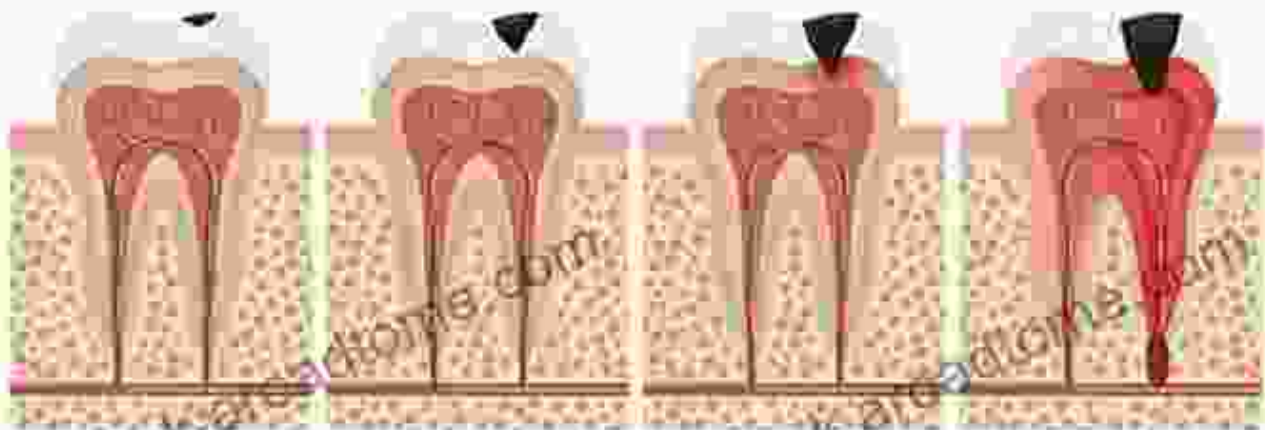
TOOTH WITH PLAQUE

TOOTH WITH CAVITIES AND CAVITY



# The stages of tooth decay

1. Decay in enamel    2. Advanced decay    3. Decay in dentin    4. Decay in pulp



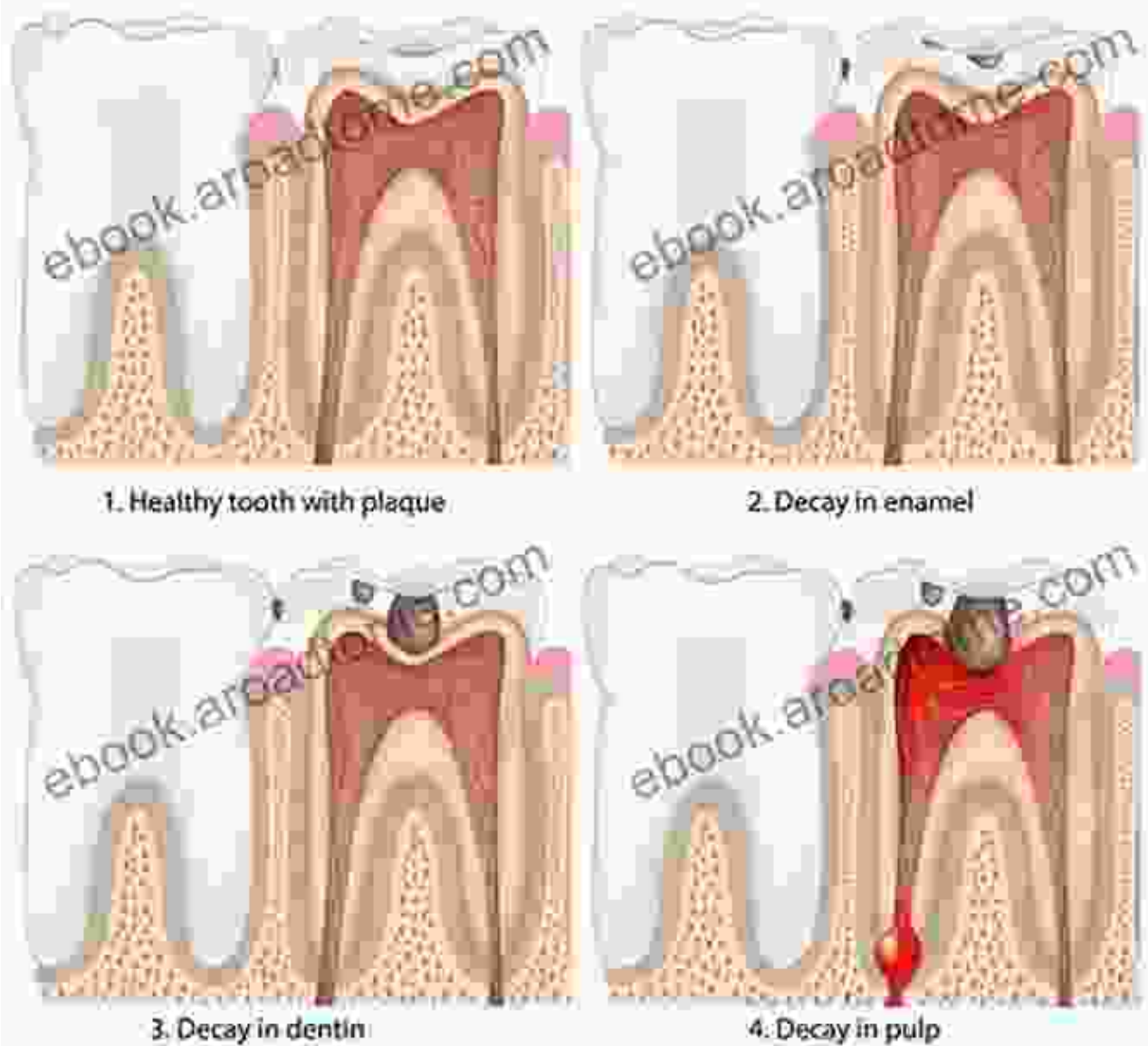
These stages are not painful

This stage is painful

This stage is very painful

Moderate tooth decay

## The stages of tooth decay



### Tooth Decay Treatment

If you have tooth decay, your dentist will recommend the best treatment option for you. Treatment options may include:

- **Fillings:** Fillings are used to repair cavities. Fillings are made of a variety of materials, including gold, silver, and composite resin.

- **Crowns:** Crowns are used to cover damaged teeth. Crowns are made of a variety of materials, including porcelain, metal, and ceramic.
- **Root canal:** A root canal is a procedure that is used to treat infected teeth. During a root canal, the infected pulp is removed from the tooth and the tooth is sealed.
- **Tooth extraction:** In some cases, a tooth may need to be extracted if it is too damaged to be repaired.

Tooth decay is a common problem, but it is preventable. By following a few simple steps, you can help keep your teeth healthy and cavity-free.

If you have any questions about tooth decay, be sure to talk to your dentist.



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