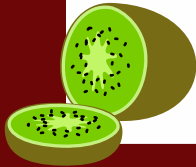




Eat Well for Oral Health Week: Tooth Decay



Key Terms:

- Tooth decay
- Cavities
- Varnish
- Acid

Types of tooth decay:

Caries
Abfraction
Attrition
Abrasion
Erosion

Sugary foods to avoid:

Soda, juice
Baked goods
Candy/sweets
Ice cream

Additional Resources

- actiononsugar.org
- bda.org/sugar
- nhsinform.scot/healthy-living/dental-health

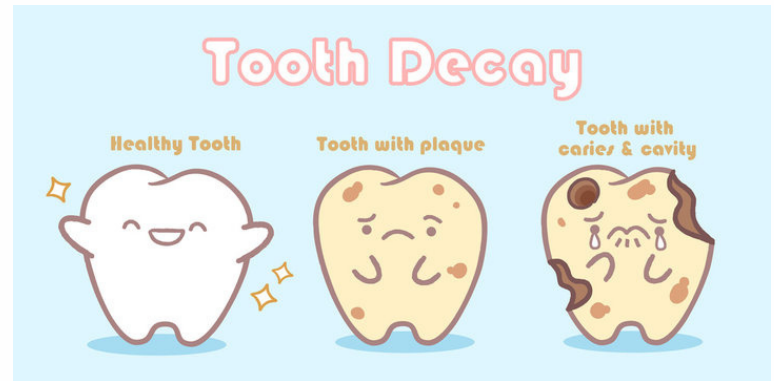
Tips to prevent tooth decay:

- Avoid sugary drinks. Stick to milk and water.
- Brush teeth after eating sugary foods.
- Check labels for sugar content.
- If you give your child juice, dilute it.
- Use other things as a reward rather than sweets/desserts.

TOOTH DECAY

Tooth decay causes permanent damage to the hard surface of your teeth and develops into tiny openings or cavities. This damage is IRREVERSIBLE!

Tooth decay is often caused by having too many sugary and acidic foods/drinks in your diet and not cleaning your teeth and gums properly.



As the sugar in your mouth gets broken down, acid is produced which then begins to dissolve your teeth.

See a dentist as soon as possible if you think you or your child has tooth decay. Early treatment can prevent it from getting worse. A dentist can prescribe fluoride treatments like mouthwash or varnish to reverse early tooth decay.



If you don't catch tooth decay early on, and it reaches the soft tissue (pulp) in the middle of your tooth, you may need a root canal.