



What are Cavities?

Cavities are small holes in the outer layer of your teeth, known as enamel. Cavities happen when bacteria on your teeth make acid, which eats away at your enamel and forms the small holes. The bacteria grow on pieces of sugary foods that are left behind on your teeth after you eat or drink them, like soda, candy, milk, or dessert.



Cavities in adults




Your teeth change as you grow older. One of these changes is that your gums slowly peel away from your teeth, meaning that the root of the tooth becomes more exposed with age. The root of the tooth is covered by an outer layer that is weaker than enamel, known as cementum. Cementum is more sensitive to the acid from the bacteria, so it gets eaten away faster.

How can I prevent cavities?

- Brush your teeth using a fluoride toothpaste two times a day.
- Floss your teeth once every day.
- Visit your dentist regularly for checkups and teeth cleanings.
- Limit snacking.
- Eat well-balanced meals and avoid foods and drinks that contain a lot of sugar.

Talk to your dentist at your next visit if you have any questions about cavities!



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