

HOW TO AVOID DENTAL DECAY

TOOTH DECAY IS THE DESTRUCTION OF YOUR TOOTH ENAMEL, THE HARD, OUTER LAYER OF YOUR TEETH. IT CAN BE A PROBLEM FOR CHILDREN, TEENS, AND ADULTS.

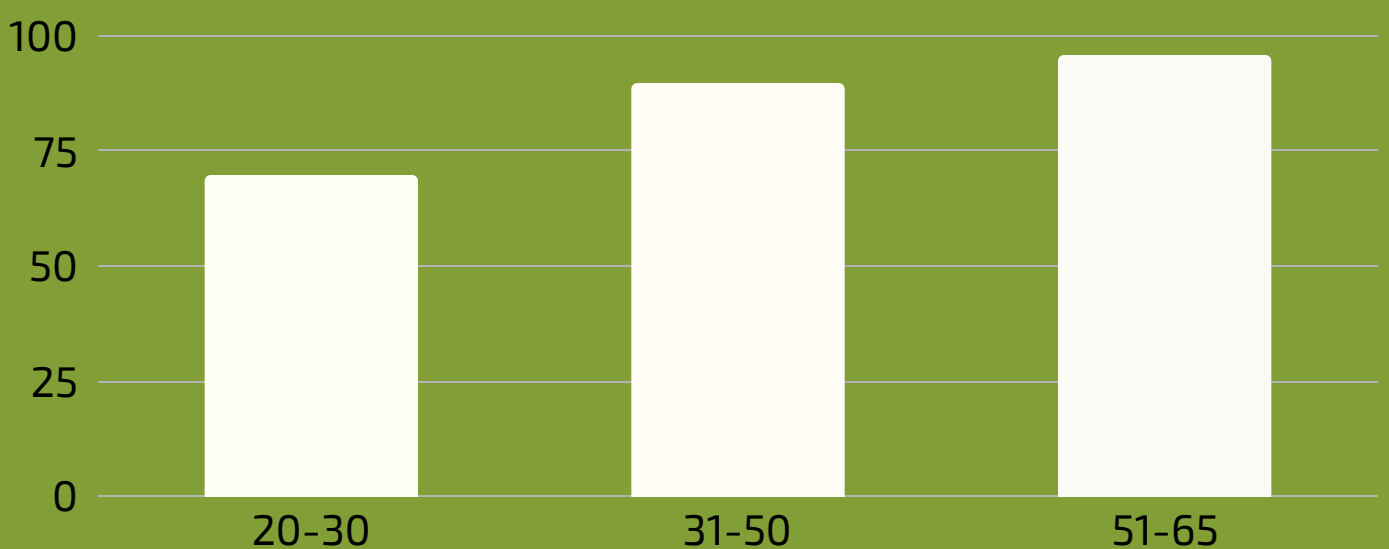
BRUSH TWICE
DAILY FOR
AT LEAST
2 MINUTES



VISIT YOUR
DENTIST
REGULARLY



ADULTS WITH TOOTH DECAY



ROUTINE ORAL HEALTH EXAMS CAN UNCOVER SYMPTOMS OF DIABETES, OSTEOPOROSIS, AND LOW BONE MASS.