

# Did You Know

## about Cavities?

A cavity is a hole in your tooth. They can form in the grooves in the top of your teeth or on any smooth area that plaque is allowed to sit, like in between teeth or at the gum line.

### How does a cavity form?

A cavity needs bad bacteria, a vulnerable tooth, food for the bacteria, and time to form.

- *Bad bacteria* are good at making acid and good at sticking to your teeth.
- A *vulnerable tooth* is a tooth with a deep groove or a tooth that isn't cleaned very well.
- *Food for the bacteria* is carbohydrates like sugars and starches that we eat.

When all these components come together, given enough time, the bacteria will create a hole in your tooth, a cavity.

### How do I prevent cavities?

By reducing or eliminating one of the causes above, you can reduce your risk.

- Getting rid of bad bacteria with *Fluoride* and *Xylitol*. Perhaps even antibiotic use.
- Cleaning your teeth well with good brushing, flossing, fluoride use, and having good saliva.
- Limiting the amount of time carbohydrates are in your mouth.

### Limiting Carbohydrates

Carbohydrates are everywhere and in almost everything. However, those carbohydrate rich drinks and snacks are the biggest problems.

Carbohydrate rich drinks (juice, soda, energy drinks, sports drinks) are often sipped throughout the day, keeping those sugars in your mouth. If you must drink any of the above, avoid sipping it for extended periods of time. *Even better, switch to water.*

Carbohydrate rich snacks (crackers, starchy snacks, candies) are the same as the drinks. If you tend to snack throughout the day, you are still keeping that bad bacteria well fed and **making cavities**. Limit snacking or try low-carbohydrate snacks like raw vegetables or jerky.

### Prevention

Preventing cavities and damage to your teeth should be your highest priority for your oral health. At Pacific Hills Dental, we believe in prevention and can help you reduce your risk for cavities and other oral health problems.

If you would like to discuss cavities or any other issue, please contact us and we will be glad to help.

CURRENTLY ACCEPTING NEW PATIENTS:

PLEASE CALL 402-330-2243

Pacific Hills Dental  
120<sup>th</sup> and Pacific  
402-330-2243

[www.PacificHillsDental.com](http://www.PacificHillsDental.com)