

YOUTH HEALTH BULLETIN



OCTOBER 2016

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: CAVITIES



Have you ever had a cavity? When going to the dentist you do not want to hear that you have a cavity. A cavity is a place on your tooth, like a small hole, where there is tooth decay. Did you know that if it is not taken care of it can get bigger over time? Let's learn more about cavities and ways that we can take care of our teeth.

Why do we get cavities?

Why do we get these little holes on our teeth? The reason why we get holes on our teeth and tooth decay is because of something called plaque. It is gummy, slimy

Continued on the back →



Brush at least two times a day. Before you go to bed is an important time to brush.

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stuff that is made up mostly of germs that cause tooth decay. The saliva in our mouth works to get rid of those germs in the plaque and it can create a substance that eats away the enamel, which is the outer layer of the tooth.

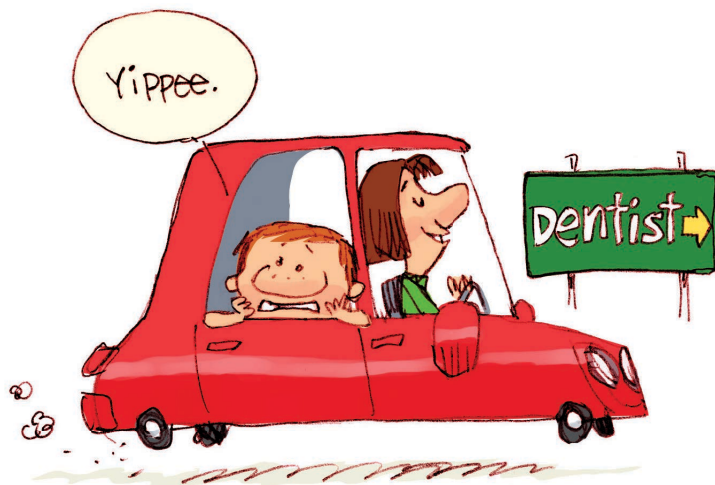
When you do not go to the dentist, the substance that eats away at the enamel can actually get through that outer layer to the inside part of your tooth, creating a little hole. When the cavity reaches all the way into the tooth, it can hurt!

Going to the dentist

When you go to a dentist, he or she will look very carefully at your teeth. If they find a cavity they can fix it.

To fix a cavity the doctor first will make sure that you get medicine that will numb the area that has the cavity. Once you are numb, the dentist will remove the part of your tooth that is decayed. She or he does this with a special drill. Once that is removed, the dentist fills in the hole with a material called a filling.

Even though when you have a cavity it can be fixed, it is very important to take care of your teeth. To take good care of your teeth:



- Brush at least two times a day. Before you go to bed is an important time to brush.
- Brush your teeth in a circular motion.
- Don't forget to floss your teeth.
- See the dentist two times a year for a checkup.

Did you know?

Before toothpaste was invented, people used lemon juice to brush their teeth! Toothpaste was only invented about 100 years ago!

SOURCES:

<http://kidshealth.org/en/kids/cavity.html>



Can you unscramble these words?

NDTSIET: _____
LEUAPQ: _____
YTICVA: _____
HUSRB: _____
SOLFS: _____

ANSWERS: DENTIST, PLAQUE, BRUSH, FLOSS

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