

I'VE HAD PEOPLE SAY TO ME, "I CAN'T STILL BE GETTING CAVITIES AT MY AGE!" BUT TOOTH DECAY CAN HAPPEN AT ANY AGE.

CAVITIES CAN HAPPEN NOT JUST ON THE BITING SURFACES OR BETWEEN YOUR TEETH BUT ON THE ROOT SURFACE AS WELL. THE PART OF THE TOOTH WE USUALLY SEE IS COVERED WITH ENAMEL; WHICH IS REALLY DURABLE. BUT YOUR GUMS RECEDE WITH AGE AND WITH GUM DISEASE.

THE ROOTS ARE COVERED BY CEMENTUM, WHICH IS SOFTER AND MORE SUSCEPTIBLE TO DECAY. CAVITIES AROUND THE ROOT OF THE TOOTH CAN GROW FASTER AND ARE HARDER TO TREAT THAN OTHER KINDS OF TOOTH DECAY.

IF YOU'RE STILL GETTING CAVITIES, ASK YOUR DENTIST ABOUT NEW RINSES AND NEW FILLING MATERIALS THAT CAN HELP MAKE THESE AREAS BETTER ABLE TO RESIST DECAY.

BRUSHING TWICE DAILY WITH A FLUORIDE TOOTHPASTE, FLOSSING ONCE A DAY AND REGULAR DENTAL CHECK-UPS WILL HELP YOU KEEP YOUR TEETH HEALTHY FOR A LIFETIME.

FOR THE ADA DENTAL MINUTE, I'M DOCTOR MARIA LOPEZ HOWELL.