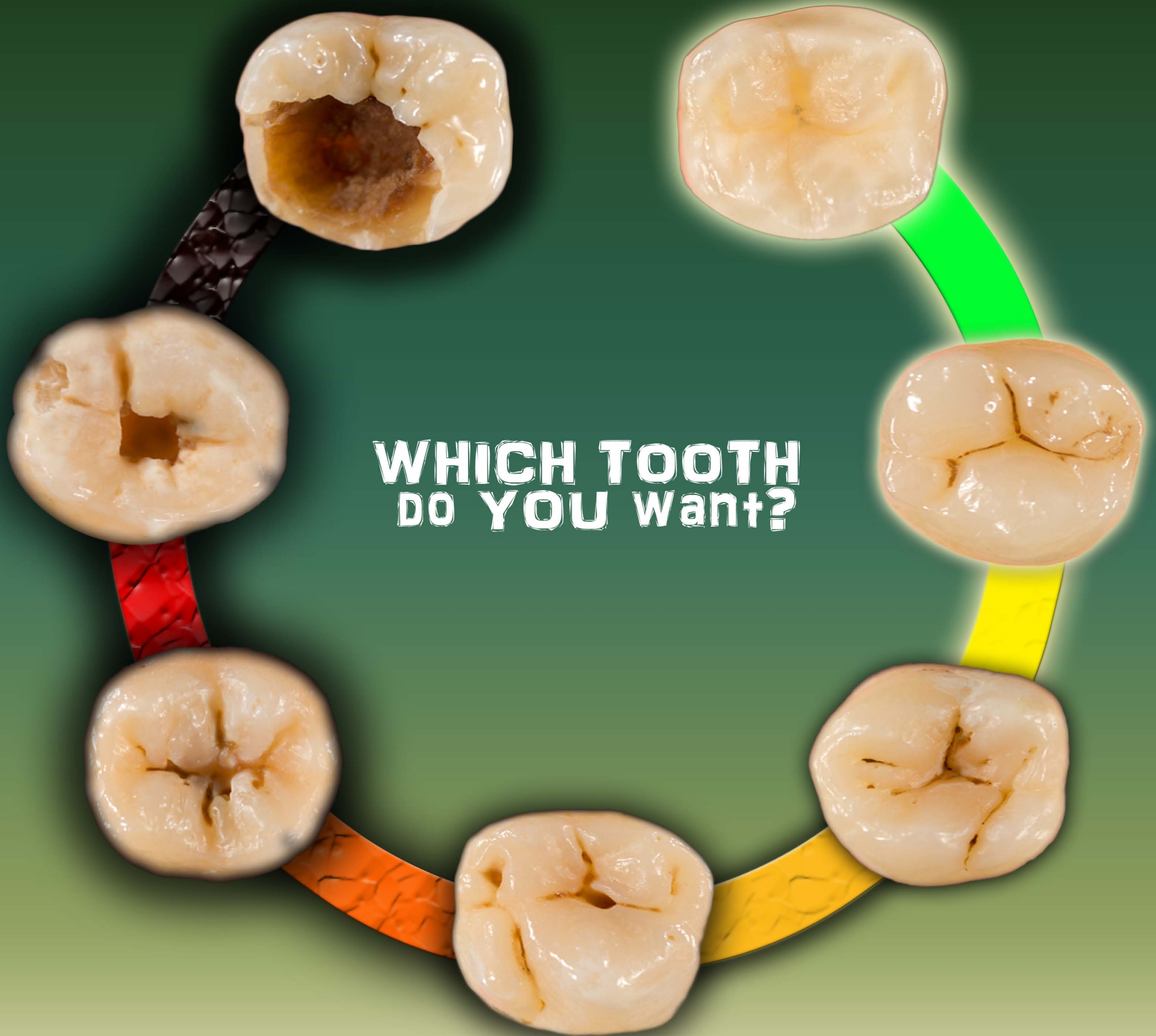


# TOOTH DECAY

LEARN TO SPOT THE WARNING SIGNS!



WHICH TOOTH  
DO YOU WANT?

**TOOTH DECAY** is a **GRADUAL** process which **WORSENS** over time.  
**SPOT THE WARNING SIGNS** and **SEE YOUR DENTIST EARLY** to  
**AVOID COMPLEX** and **COSTLY TREATMENT.**

THERE ARE EASY WAYS TO PROTECT YOUR TEETH!

- BRUSH THEM TWICE A DAY WITH FLUORIDATED TOOTHPASTE
- CLEAN BETWEEN THEM EVERY DAY (FLOSS)
- MINIMIZE CONSUMPTION OF SWEET, SUGARY FOOD & DRINK
- LIMIT SNACKING - YOUR TEETH NEED A BREAK TOO!

