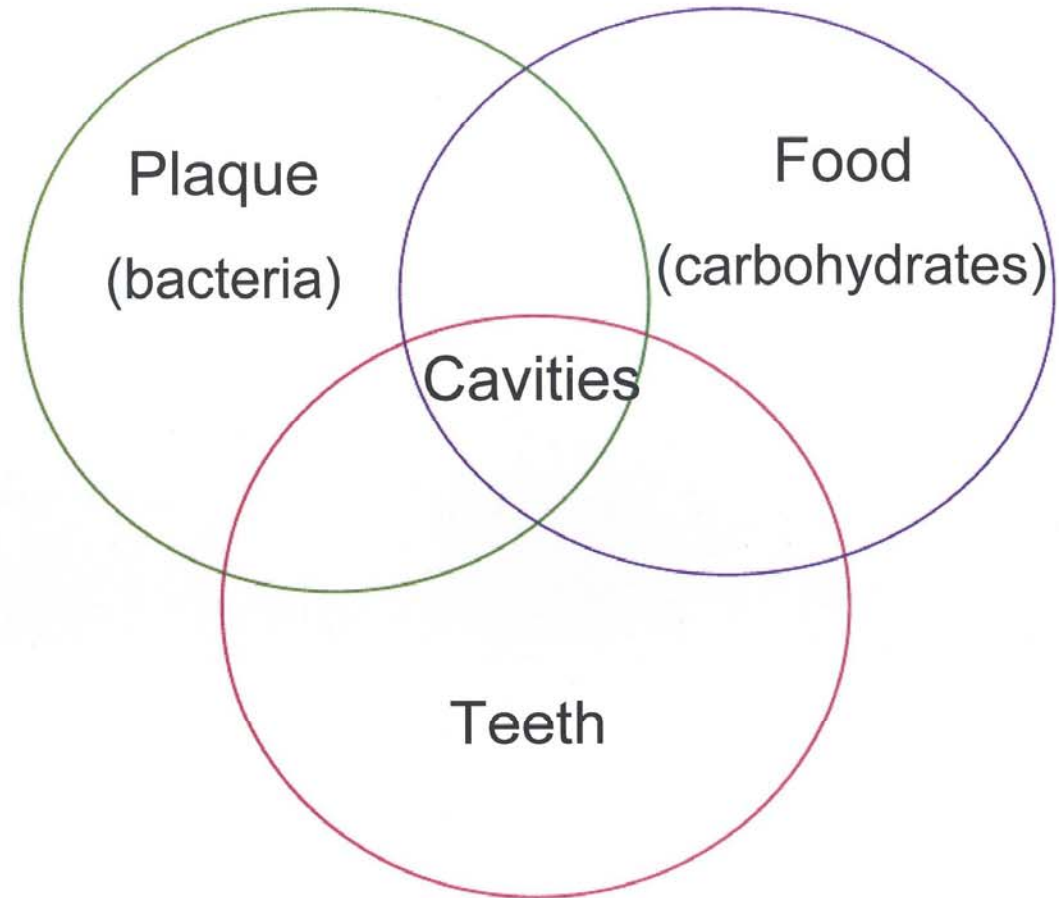


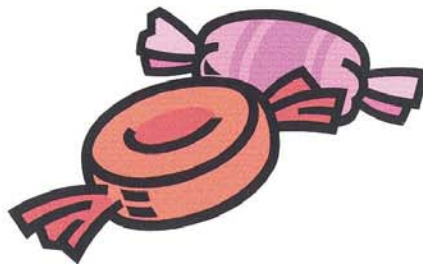
What Causes Cavities ?

For cavities to form, you need three things:

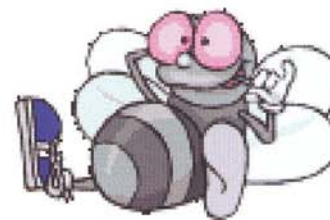
- Plaque = bacteria on your teeth
- Food = carbohydrates and sugars
- Teeth !!



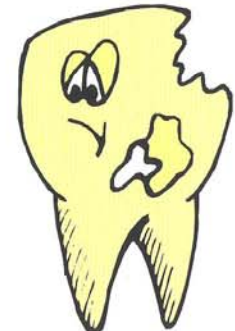
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- For cavities to form, you need three things:
 1. Plaque (bacteria on your teeth);
 2. Food (carbohydrates and sugars); and
 3. Teeth
- Fermentation of carbohydrates and sugars by oral bacteria occurs within the dental plaque and produces an acid that attacks the teeth causing cavities and the gums leading to gum inflammation.