

What Is A Dental Cavity?

Cavities are permanently damaged areas in the hard surface of your teeth that develop into tiny openings or holes. Cavities, also called tooth decay or caries, are caused by a combination of factors, including bacteria in your mouth, frequent snacking, sipping sugary drinks and not cleaning your teeth well. These factors lead to an acidic environment in your mouth that encourages the breakdown of your teeth's natural enamel barrier.

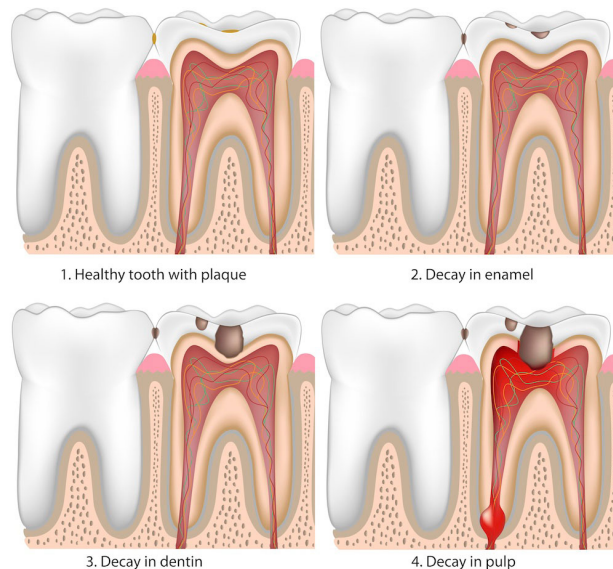


Cavities and tooth decay are among the world's most common health problems. They're especially common in children, teenagers and older adults. But anyone who has teeth can get cavities, including infants.

If cavities aren't treated, they get larger and affect deeper layers of your teeth. They can lead to a severe toothache, infection and tooth loss. Regular dental visits and good brushing and flossing habits are your best protection against cavities and tooth decay. Your doctor can help guide you as to which oral hygiene products are best for you and if there are other things you can do to help with the acid/base balance in your mouth.

Cavities are treated by having your dentist remove the areas of decay and placing a dental filling to restore the lost tooth structure. The earlier these cavities are treated, the better, to prevent further problems such as pain, infection, and/or tooth fracture.

The stages of tooth decay



If you have any further questions, feel free to contact the office via email or phone call and we'll be happy to provide you with additional guidance or recommendations.