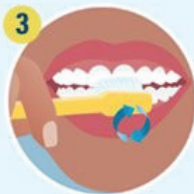


STEPS FOR PROPER TEETH BRUSHING



(Source: <http://paro.ipsf.org>)

Dental Disclosing Tablets Show You the Plaque

Plaque is the sticky film composed of bacteria and salivary by-products. When it first develops, it's clear - so it's difficult to see on its own. If you don't brush your teeth frequently, you can feel plaque. If you run your tongue over your teeth after not brushing for a few hours, you might feel a fuzzy coating on them and it is usually white in appearance. That's plaque.

Plaque can be a problem for a few reasons. The bacteria found in plaque go crazy when they come into contact with sugary or starchy foods. The bacteria eat the sugar, producing acids that wear away the teeth, leading to cavities and in some cases, gum disease. If you don't brush away plaque quickly enough, it hardens into tartar, which can irritate your gums and increase your risk for periodontal disease. Luckily, if you act quickly, you can remove plaque easily.

(Source: www.colgate.com)

Check out www.HealthTent.org for health events in SW Michigan.

