

6 Ways to Prevent Adult Cavities

A new CDC report says that 91% of adult Americans have had cavities. **What can you do to prevent them?**

Beware of dry mouth

Dry mouth can be a side effect of many medications and can cause cavities. **Talk to your dentist about preventing dry mouth.**



Brush
2 times each day



with **fluoride**
toothpaste

Floss
at least
once
each day

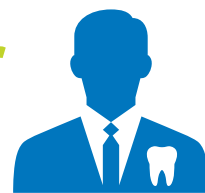


Drink
water with
fluoride

Eat fruits & vegetables



Visit your dentist



for regular
checkups

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