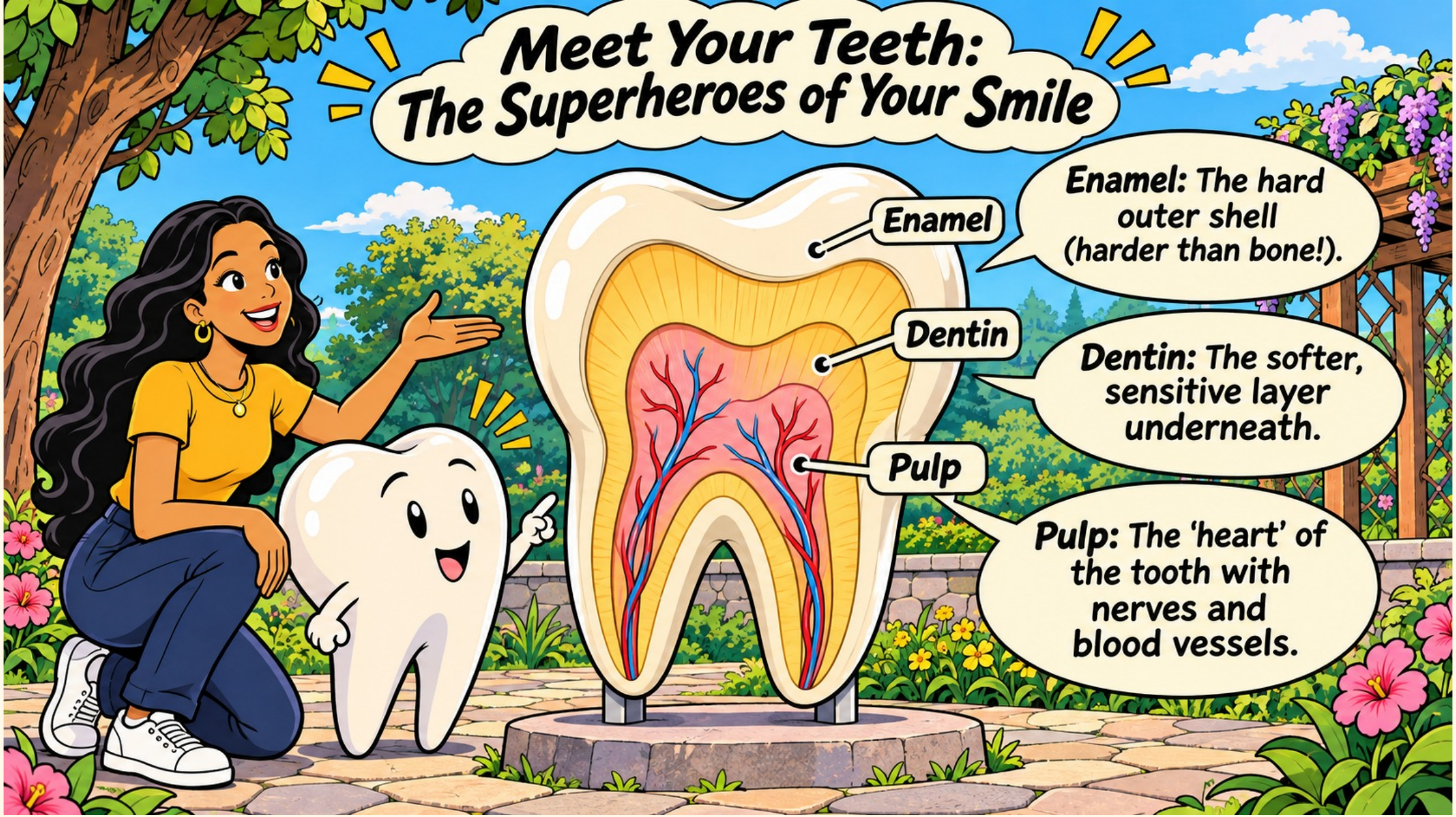
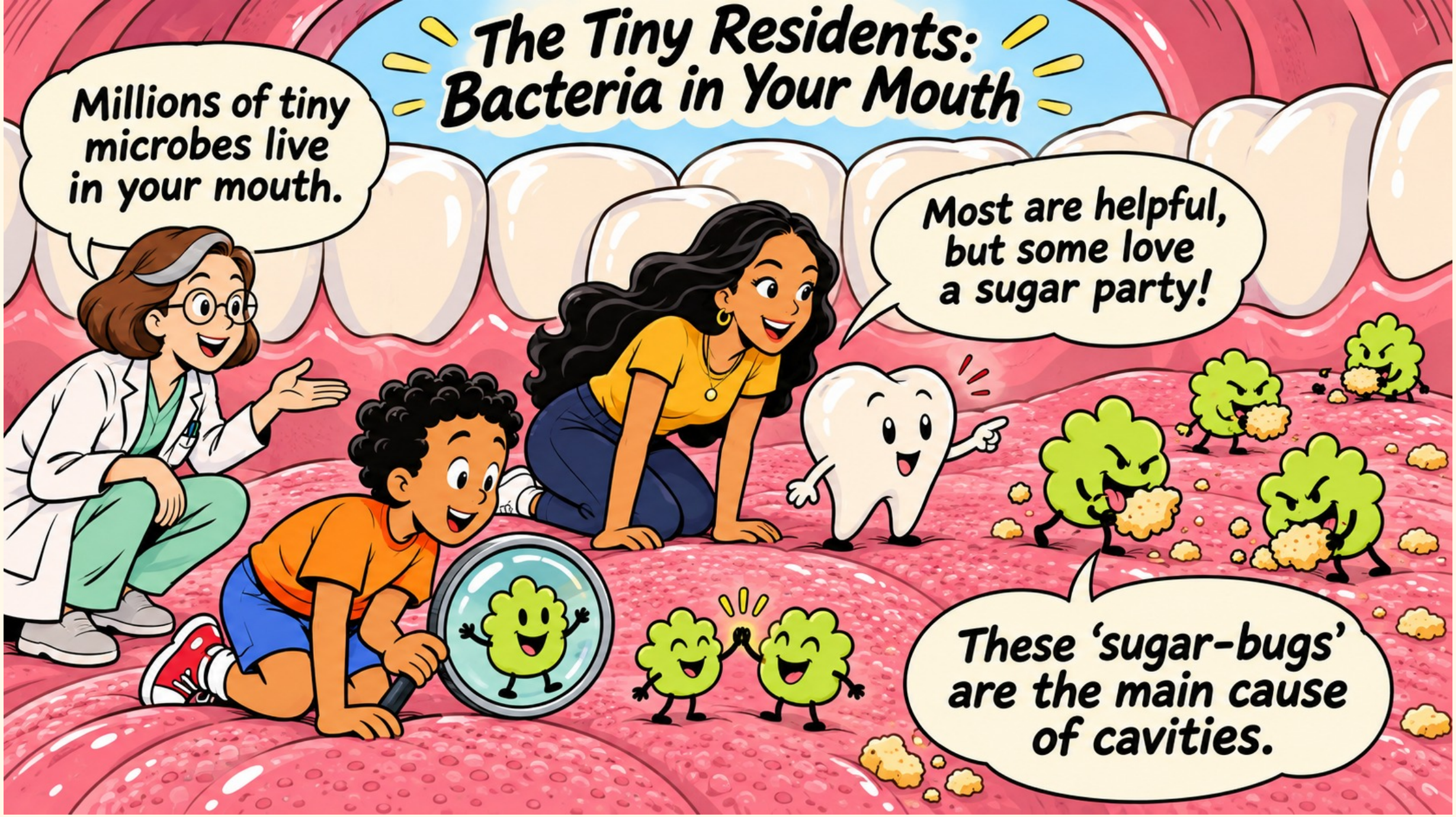
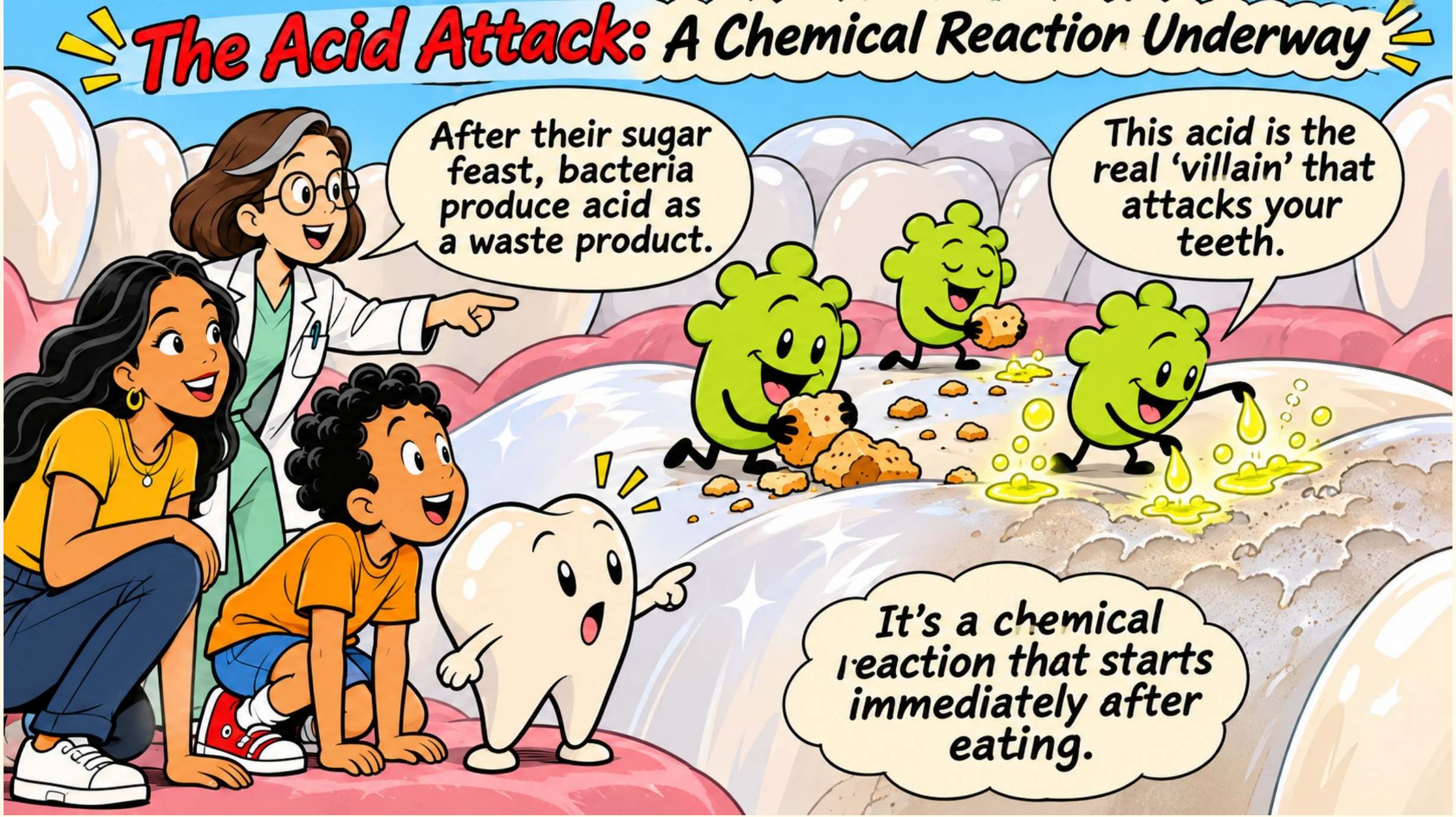
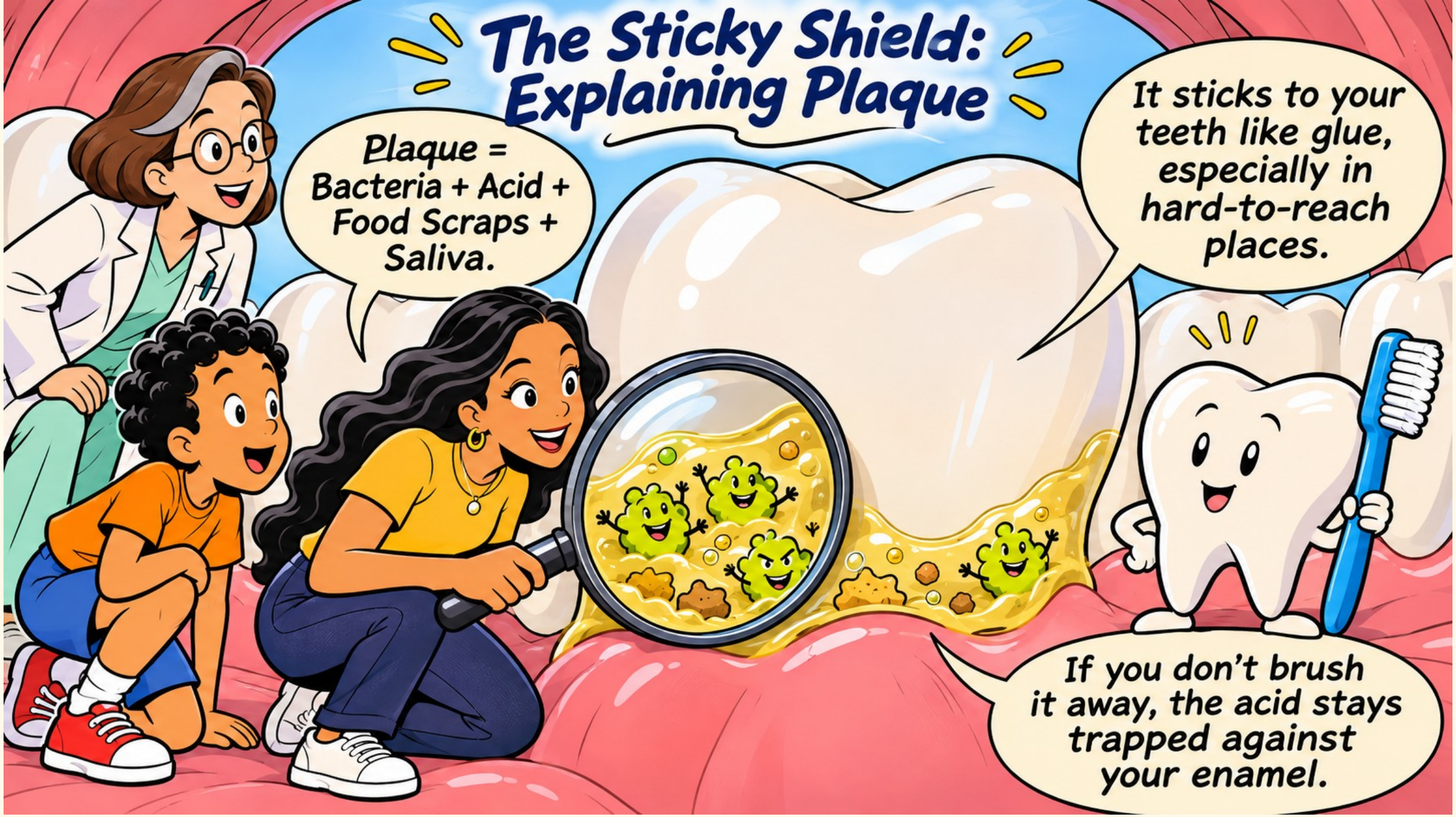

The Mystery of the Hidden Hole:
How Cavities Form
Discover the secret world inside your mouth and how tiny holes appear!
By Saioni Bhalsod

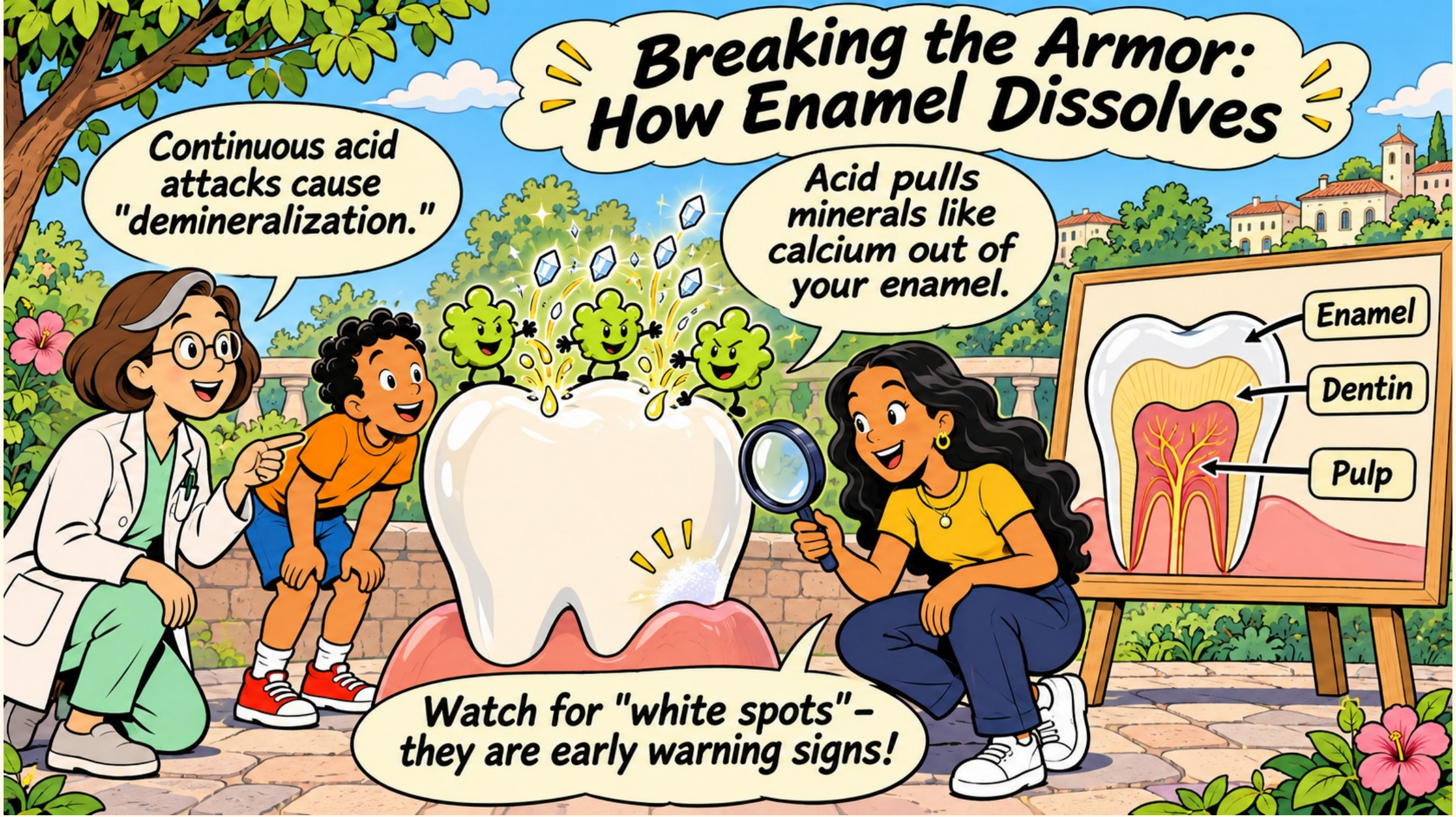

Meet Your Teeth:
The Superheroes of Your Smile
Enamel
Dentin
Pulp
Enamel: The hard outer shell (harder than bone!).
Dentin: The softer, sensitive layer underneath.
Pulp: The 'heart' of the tooth with nerves and blood vessels.


The Tiny Residents: Bacteria in Your Mouth
Millions of tiny microbes live in your mouth.
Most are helpful, but some love a sugar party!
These 'sugar-bugs' are the main cause of cavities.

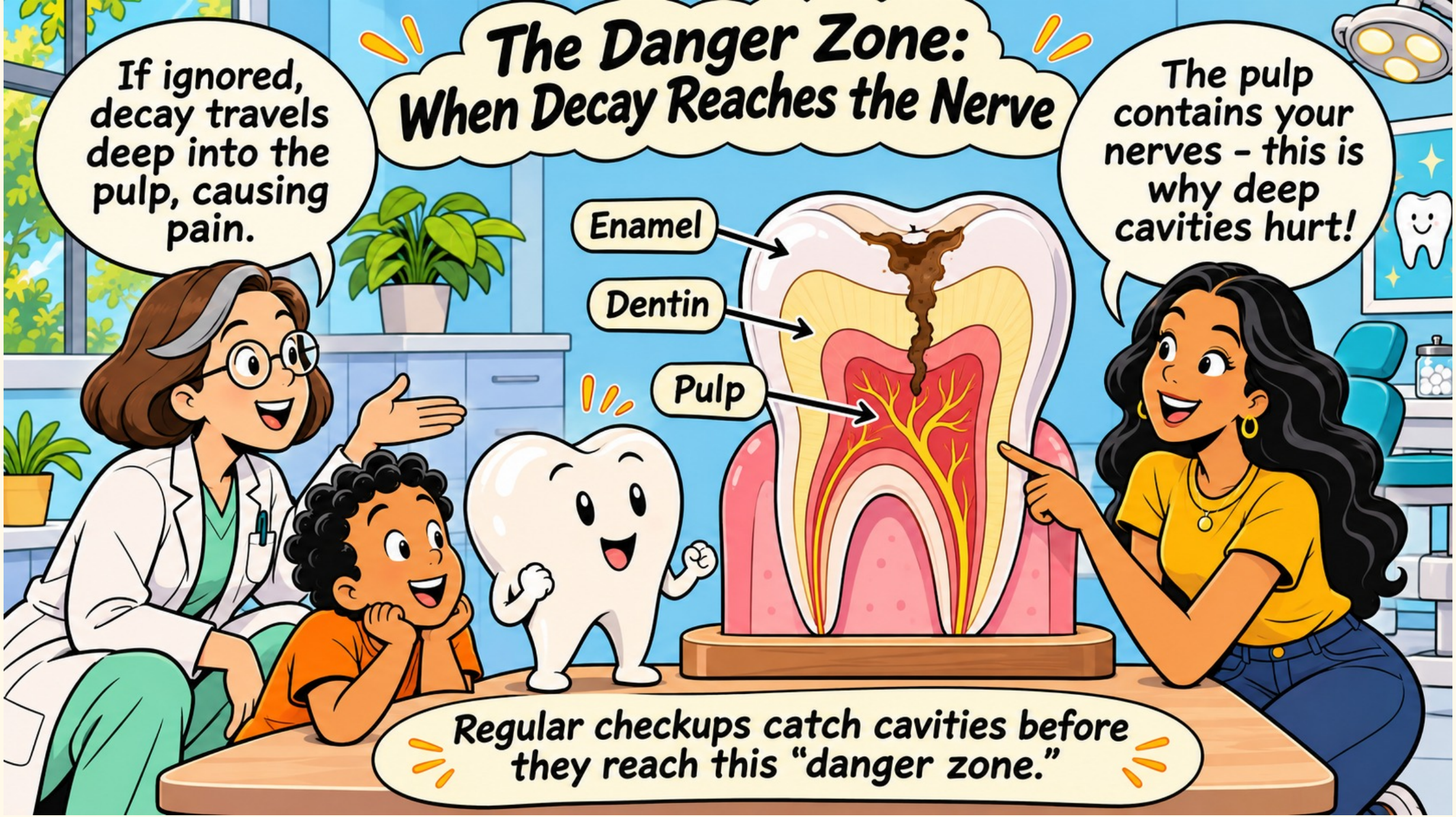

The Sugar Party:
When Bacteria Get a Snack
Bacteria love candies, sodas, and even bread or crackers.
When they eat these sugars, they get a lot of energy!
The problem isn't the eating, it's what happens after!

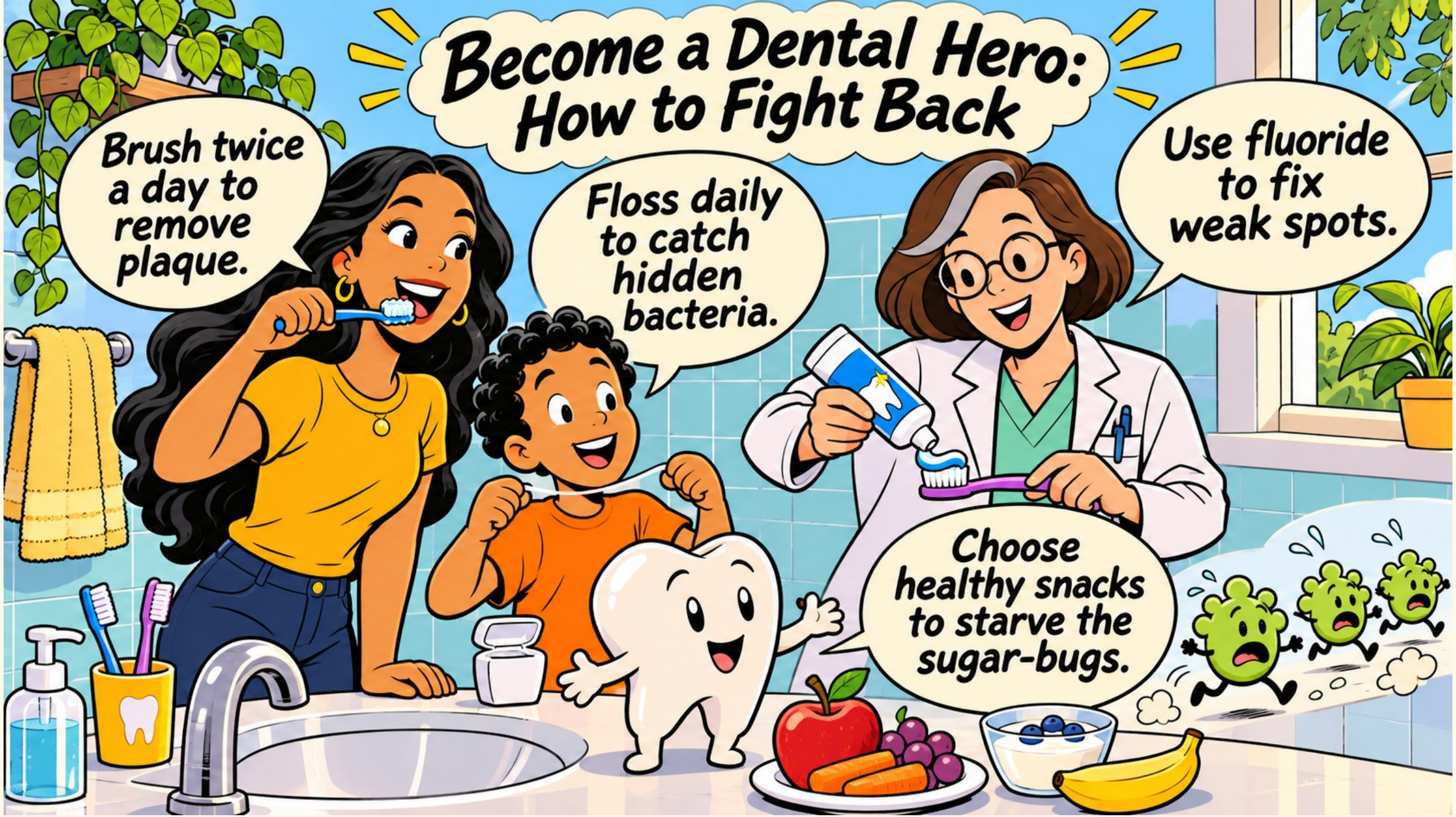

The Acid Attack: A Chemical Reaction Underway
After their sugar feast, bacteria produce acid as a waste product.
This acid is the real 'villain' that attacks your teeth.
It's a chemical reaction that starts immediately after eating.


The Sticky Shield: Explaining Plaque
Plaque = Bacteria + Acid + Food Scraps + Saliva.
It sticks to your teeth like glue, especially in hard-to-reach places.
If you don't brush it away, the acid stays trapped against your enamel.


Breaking the Armor: How Enamel Dissolves
Continuous acid attacks cause "demineralization."
Acid pulls minerals like calcium out of your enamel.
Enamel
Dentin
Pulp
Watch for "white spots"– they are early warning signs!


A Cavity Is Born:
The Permanent Hole
A cavity is a permanent hole that won't go away on its own.
It starts small but can grow quickly in the softer dentin.
This is when your tooth might feel sensitive to cold or sweets.
Enamel
Dentin
Pulp


The Danger Zone:
When Decay Reaches the Nerve
If ignored, decay travels deep into the pulp, causing pain.
The pulp contains your nerves – this is why deep cavities hurt!
Enamel
Dentin
Pulp
Regular checkups catch cavities before they reach this "danger zone."


Become a Dental Hero: How to Fight Back
Brush twice a day to remove plaque.
Floss daily to catch hidden bacteria.
Use fluoride to fix weak spots.
Choose healthy snacks to starve the sugar-bugs.


Your Smile, Your Future!
Your adult teeth are the only ones you'll get - take care of them!
Visit your dentist twice a year for a "professional tune-up."
You're now a cavity-fighting expert!