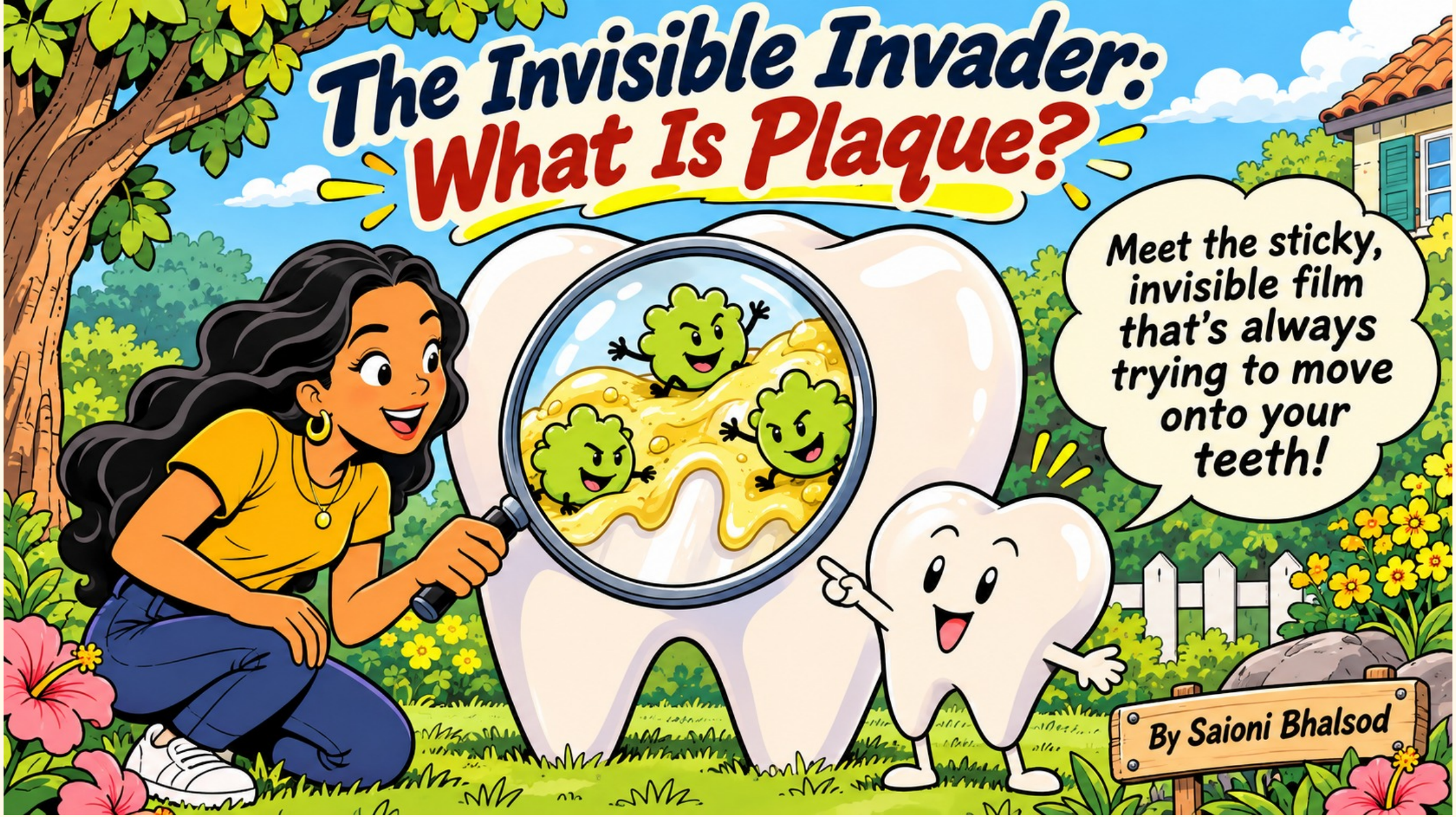
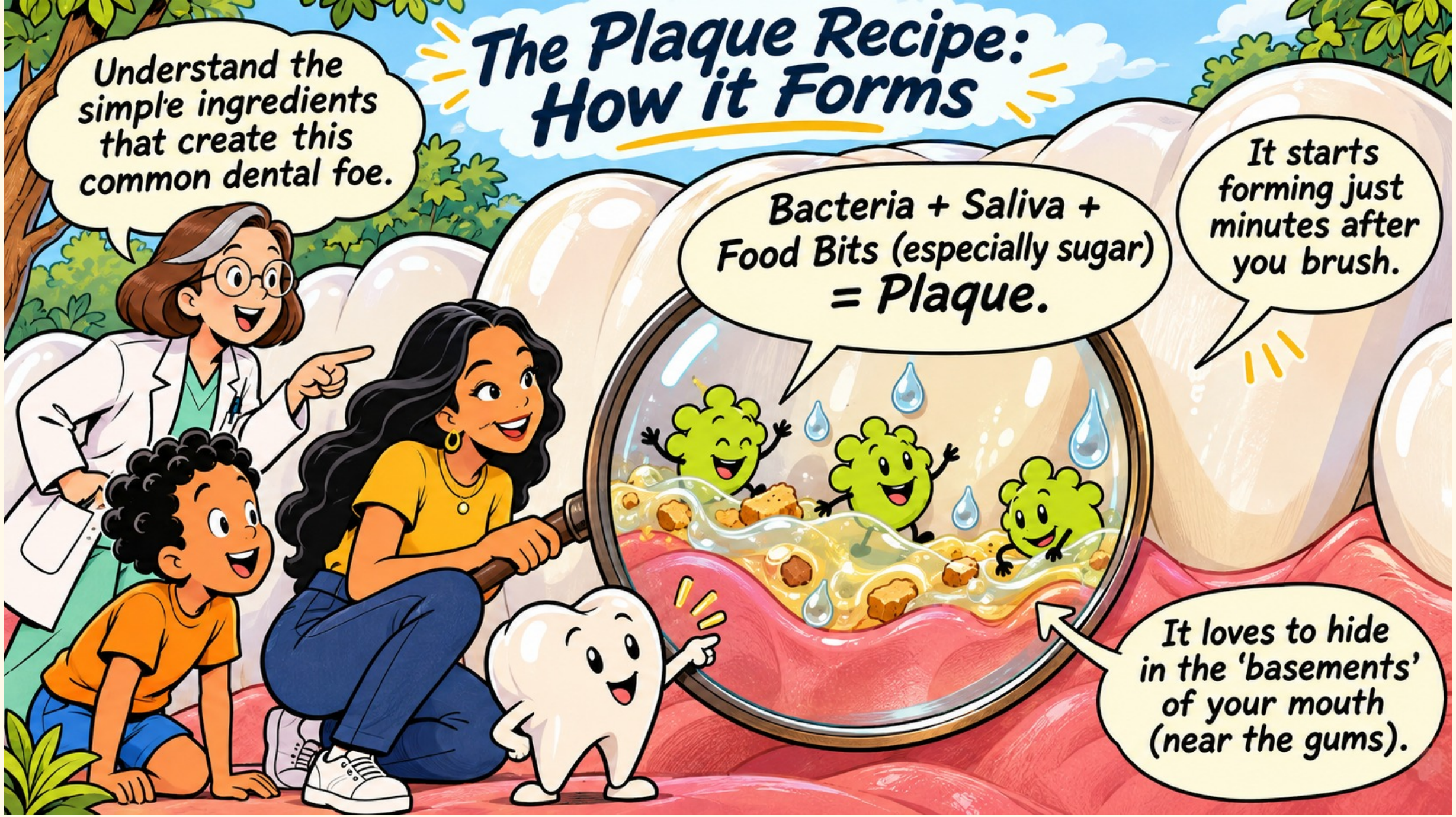
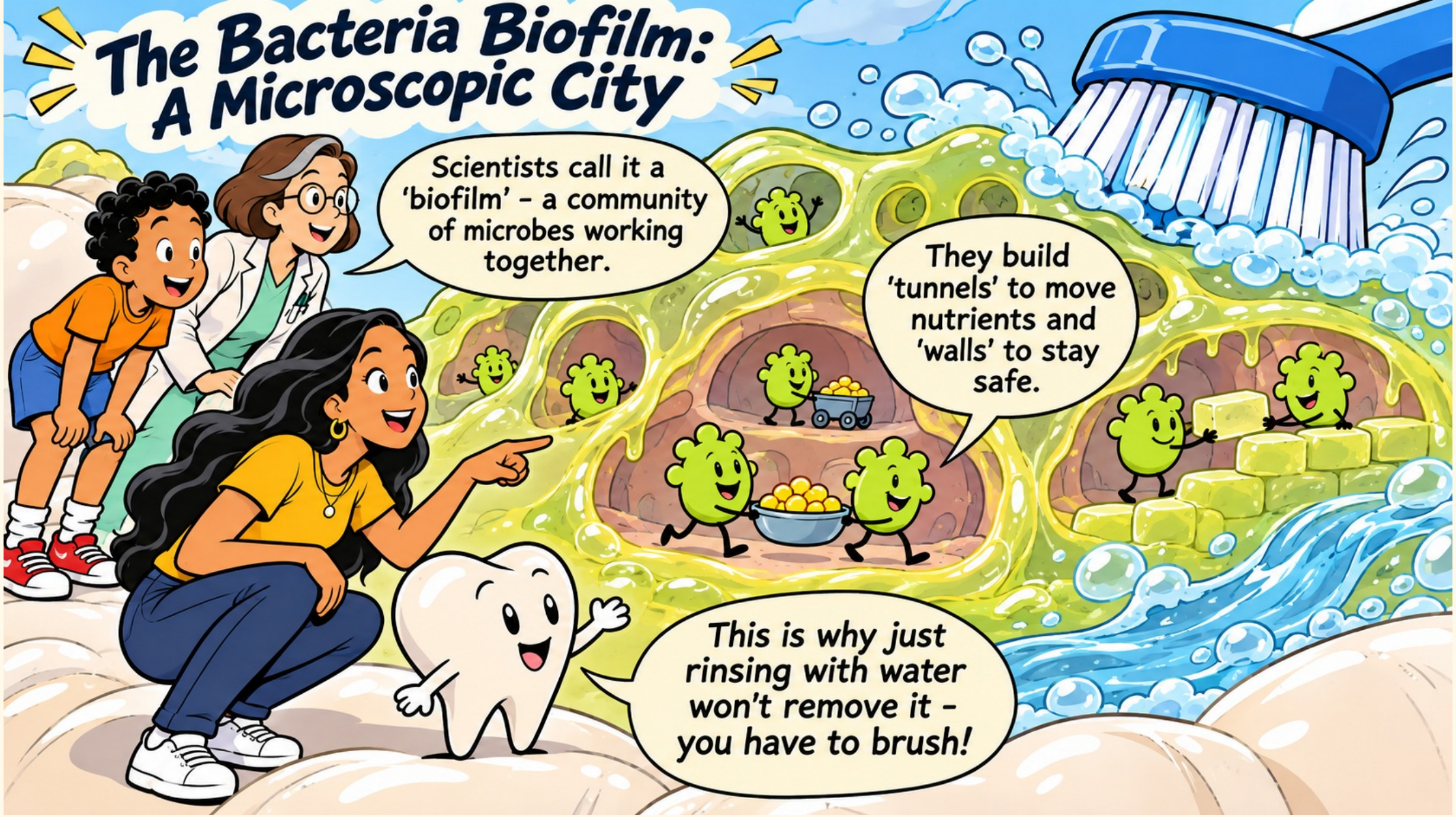
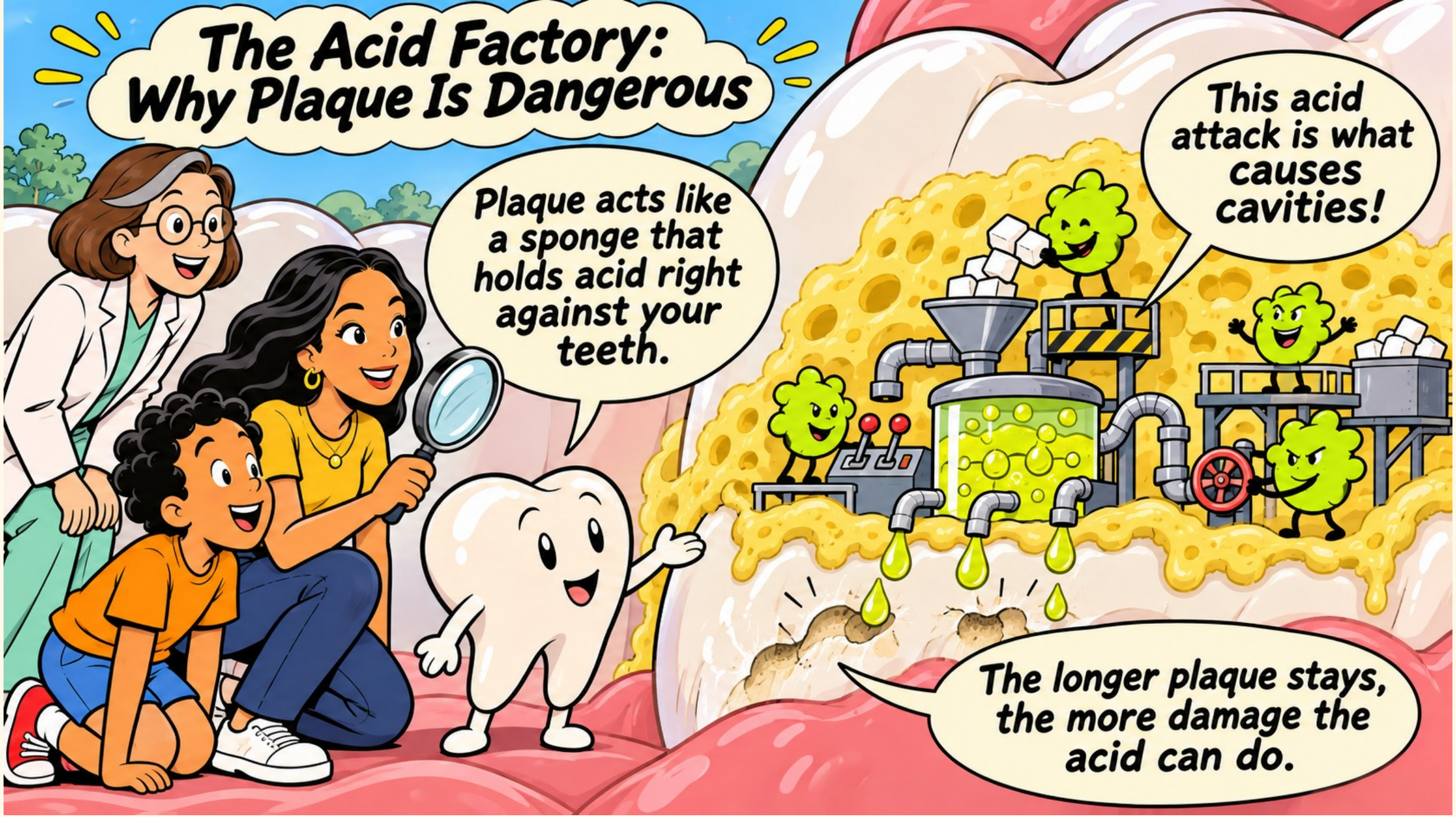

The Invisible Invader:
What Is Plaque?
Meet the sticky, invisible film that's always trying to move onto your teeth!
By Saioni Bhalsod

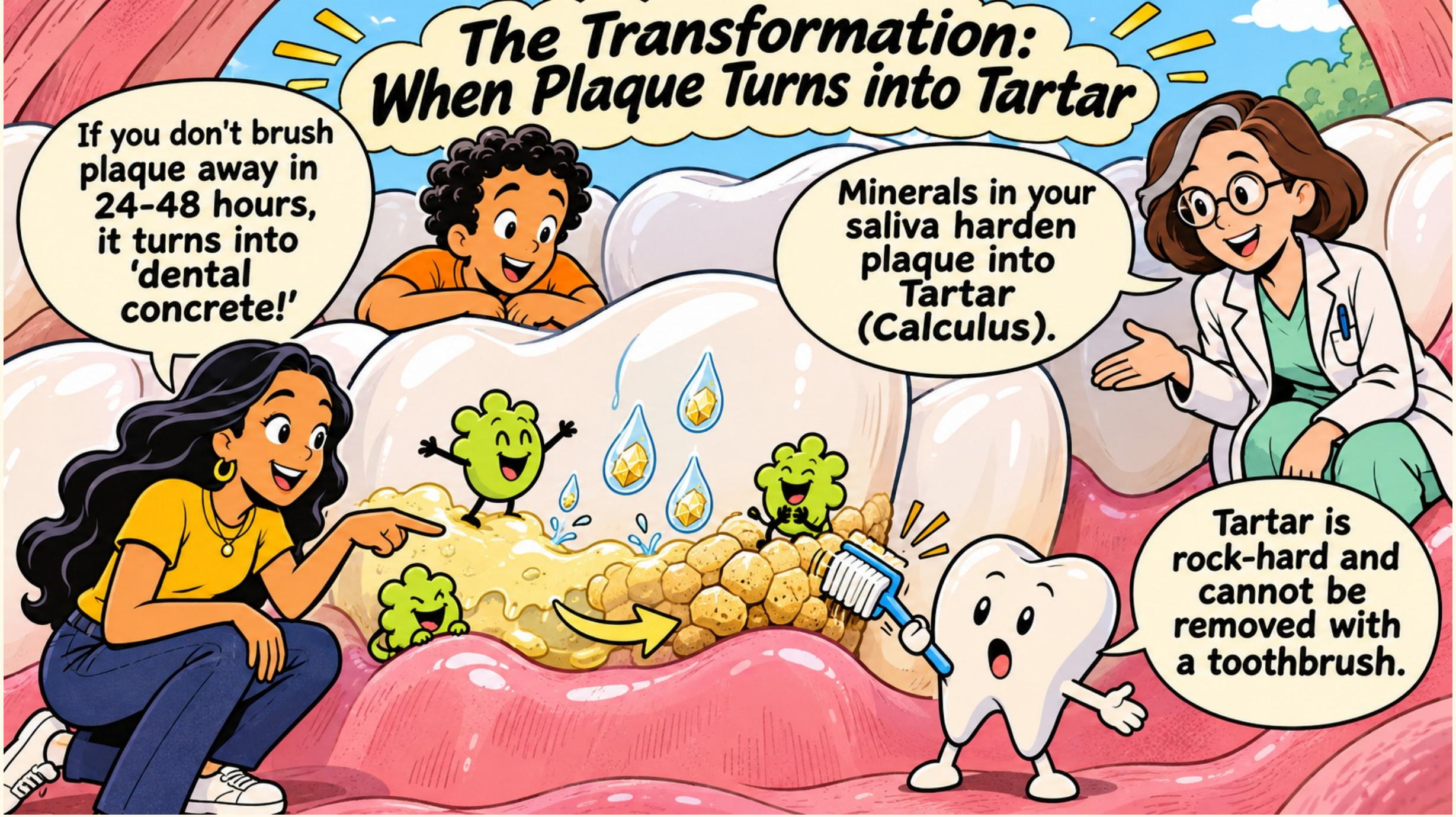

The Plaque Recipe: How it Forms
Understand the simple ingredients that create this common dental foe.
Bacteria + Saliva + Food Bits (especially sugar) = Plaque.
It starts forming just minutes after you brush.
It loves to hide in the 'basements' of your mouth (near the gums).

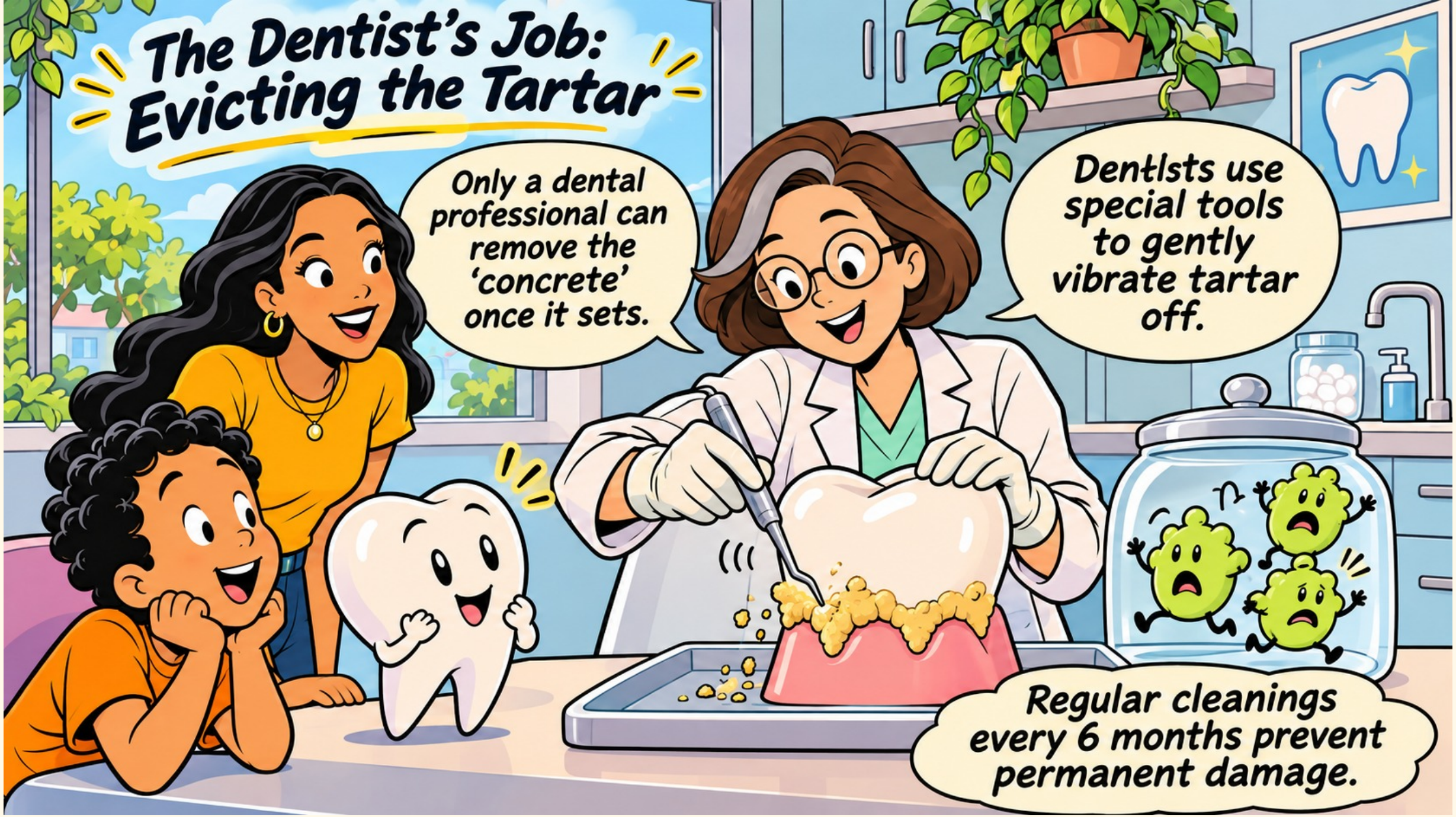

The Bacteria Biofilm: A Microscopic City
Scientists call it a 'biofilm' – a community of microbes working together.
They build 'tunnels' to move nutrients and 'walls' to stay safe.
This is why just rinsing with water won't remove it – you have to brush!


The Acid Factory:
Why Plaque Is Dangerous
Plaque acts like a sponge that holds acid right against your teeth.
This acid attack is what causes cavities!
The longer plaque stays, the more damage the acid can do.


The Gum Attack: Plaque Isn't Just for Teeth
When plaque stays near the gums, it causes inflammation (Gingivitis).
"Angry" gums look red, feel puffy, and might bleed when you brush.
Healthy gums are pink, firm, and don't bleed!


The Stink Factor:
Plaque and Bad Breath
Plaque bacteria release smelly gases as they break down food.
If plaque isn't removed, these gases build up, causing bad breath.
Brushing your tongue also helps, as plaque hides there too!


The Transformation:
When Plaque Turns into Tartar
If you don't brush plaque away in 24-48 hours, it turns into 'dental concrete!'
Minerals in your saliva harden plaque into Tartar (Calculus).
Tartar is rock-hard and cannot be removed with a toothbrush.


The Dentist's Job: Evicting the Tartar
Only a dental professional can remove the 'concrete' once it sets.
Dentists use special tools to gently vibrate tartar off.
Regular cleanings every 6 months prevent permanent damage.


Unmasking the Enemy:
The Disclosing Tablet Test
These special tablets stain plaque bright pink or blue.
It shows you exactly where you missed a spot while brushing.
It's like a map for your toothbrush to follow!


Your Daily Mission: Plaque Prevention
Brush 2x2: Two minutes, twice a day (don't forget the gumline!).
Floss Daily: It's the only way to reach the 35% of plaque hiding between teeth.
Drink Water: It helps wash away food bits and keeps saliva flowing.


Keep Your Smile Shining!
You've got the tools and the knowledge to be a plaque-fighting pro.
Consistency is key - every brush counts!
Keep that smile shining bright!