

# YUCK, ICK, GROSS.



This 16-year-old had no cavities last year and 15 cavities this year. If you drink a lot of pop, your teeth could look like this, too.

### Here's how you get cavities:

- Sugar in pop combines with bacteria in your mouth to form acid.
- Diet or "sugar-free" pop contains its own acid.
- The acid attacks your teeth. Each acid attack lasts about 20 minutes.
- The acid attack starts over again with every sip.
- Ongoing acid attacks weaken your tooth enamel.
- Bacteria in your mouth cause cavities when tooth enamel is damaged.
- Sip all day, get decay.



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