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

Learn more at MouthHealthy.org.