

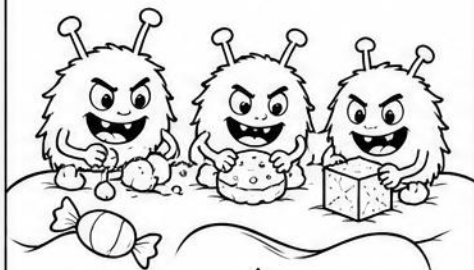
★ CAVITY DEFENDERS! ★

A STORY ABOUT
STRONG, HEALTHY TEETH

with
Dr. SHANNON
of
HIGHMARK DENTAL

Hi, friends!
Today we're
going to learn
how to be
Cavity Defenders!

1 SUGAR FEEDS CAVITIES!



Sugar bugs love sugar
in your mouth.
They make acid that
creates holes in
your teeth!

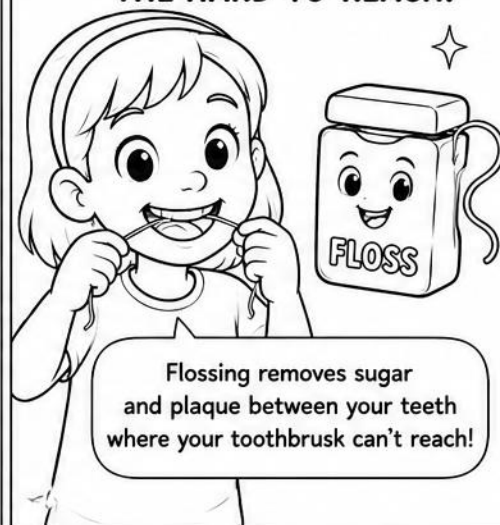
2 BRUSH TO POWER UP!



Brush your
teeth for
2 minutes,
2 times a day
to knock out
sugar bugs!



3 FLOSS CLEANS THE HARD-TO-REACH!



Flossing removes sugar
and plaque between your teeth
where your toothbrush can't reach!

4 EAT TO PROTECT!



Choose tooth-
friendly foods
like fruits,
veggies,
cheese, and
drink lots of
water!

Limit sweets,
sticky snacks,
and soda.



5 SEE YOUR DENTIST!



Regular check-ups
help catch problems
early and keep your
smile healthy
and strong!

TOGETHER, WE DEFEND YOUR SMILE!



Brush, floss, eat smart,
see your dentist—
and be a Cavity Defender
every day!

THANK YOU FOR LETTING
Dr. SHANNON & HIGHMARK DENTAL
TAKE CARE OF YOUR SMILE!

REMEMBER: BRUSH • FLOSS • EAT SMART • SEE YOUR DENTIST
= A SUPER HEALTHY SMILE!



HIGHMARK DENTAL
Healthy Smiles. Happy Lives.