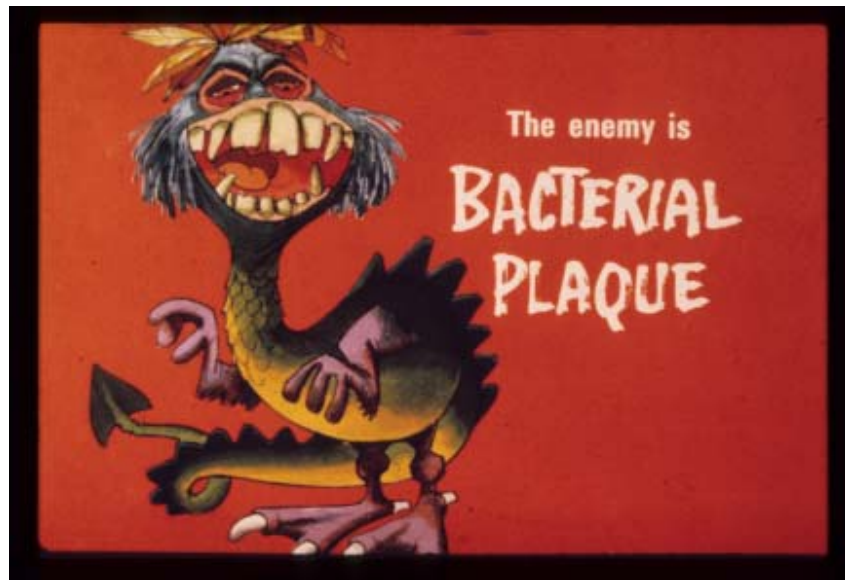


THOMAS D WAIS, DDS, PC

You are not immune to Decay...Remember the Enemy!!



Dental decay is still a problem for all of us. Even though you may have not had decay in several years, I want to remind you that you can get decay at any time in life by not attending to you mouth properly. First of all, the bacteria in your mouth can organize into plaque every 24 hrs. Plaque then eats the refined carbohydrates in your diet (all the sticky, gooey, yummy things that aren't good for us) , and produces two waste products. One is an acid that causes decay, and the other is an enzyme that eats away at the gum tissue and causes bleeding. So the information to help yourself is the basic way to combat the formation of plaque. HOW TO DO SO? You know about flossing and brushing, but did you know which one I would give you if I could only give you one to save your teeth for the rest of your life. IT IS FLOSS!! Every time you eat anything, remember to rinse your mouth out with water. You can do this anywhere, and watch the snacks!

The healing touch with the gift of art.

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