

What's your current risk for getting cavities?



What Can I Do To Prevent Cavities?

What are your oral health goals? Which steps can you take toward those goals?

The more input you have in choosing your goals, the more likely you are to achieve them.

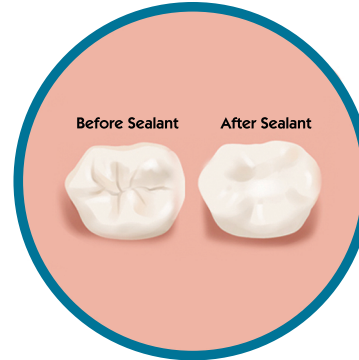
In-Office Strategies



More Frequent Dental Visits



Options to Strengthen Your Teeth



Protect Your Teeth



Options for Germ Control

At-Home Strategies



Improve At-Home Cleaning



Prescriptions to Strengthen Your Teeth



Fewer Snacks, Healthy Options, More Water



Options for Germ Control