

# STOP CAVITIES BEFORE THEY START

Tooth decay is the #1 chronic disease in children.

## How tooth decay happens



### Untreated cavities can lead to:

- Pain and infections
- Trouble eating or sleeping
- Learning and speech problems
- Long-term health issues



Nearly **50% of kids ages 2-19** have cavities

About 20% by age 5

**FLUORIDE VARNISH prevents cavities even in baby teeth**

Fluoride acts like a **shield** making enamel stronger and resistant to cavities.



### Why start early?

- Children's enamel is still developing
- Cavities can begin as soon as teeth appear
- Early prevention builds lifelong healthy habits

Treatments are **quick, safe, and painless**

and done right in your pediatrician's office.

Your Pediatrician Recommends: At least 2 fluoride treatments each year. Have questions? Talk with your CCP care provider. [LEARN MORE >](#)



Fluoride varnish is supported by



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



ADA  
American Dental Association



**UPMC** | **CHILDREN'S COMMUNITY PEDIATRICS**