

# Plaque & bacteria attracted like magnets to tooth

**Early childhood caries (ECC)**, also referred to as **baby bottle tooth decay** is a preventable, infectious disease caused by certain types of bacteria (bugs) that live in your mouth. **Bacteria stick** to your teeth in the film called plaque - kind of **like magnets!**

The **bacteria feed** on what you eat, especially **sugars** and **starches**. About 5 minutes after you eat or drink, the bacteria begin making acids as they digest your food. These acids can **break down the tooth's** outer surface and **dissolve valuable minerals**. The result is cavities.

Children who **snack frequently**, have a high level of **bacteria**, or go to **sleep with a bottle** containing anything other than water, are more likely to have **ECC**.

## BACTERIA STICK TO YOUR TEETH LIKE MAGNETS

