



**Keep your smile healthy  
and you'll be healthy too.**



**Some facts about tooth decay:**

- It is the most common childhood disease.
- It is an infection that can be spread through germs from others.
- It can increase the risk for future tooth problems, premature birth, heart disease, diabetes and other diseases.
- **IT IS PREVENTABLE!!!**



To learn more about how a healthy mouth is important to your over all good health and how to prevent tooth decay, visit [www.DOHCSmiles.org](http://www.DOHCSmiles.org) or call the Delaware Helpline at 800.464-HELP (4357).