

FACT **or** FICTION?

CAN KISSING CAUSE CAVITIES?

YEP! If you kiss
your BF and

he has a certain bacteria in
his mouth, his saliva

could pass the bacteria
on to you over time.

"A cavity is a break-
down in tooth enamel
caused by two types of
bacteria," says dentist Dr.
Elisa Mello. If your diet is
sugar-laden and your
immune system is weak,
cavities can develop. So
should your lips be off lim-

its? No way! Dr. Mello says kissing actually
promotes salivary flow that rinses bacteria
away. So, before puckering up, brush regu-
larly to remove bacteria, drink lots of water,
and floss. Good bad-breath combatants, too!

