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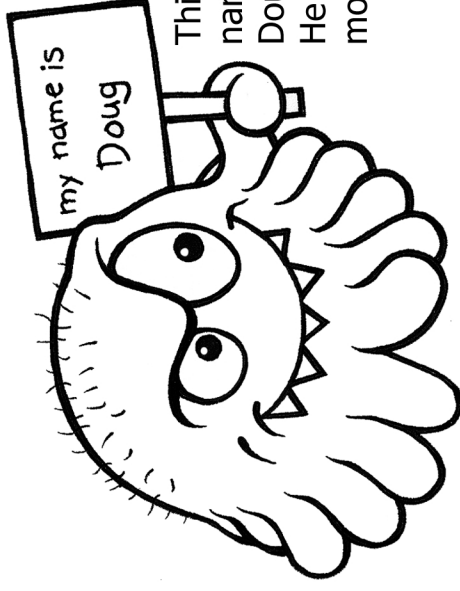
Sugarbug Doug

All About Cavities, Plaque and Teeth

Written and Illustrated by Dr. Ben Magleby

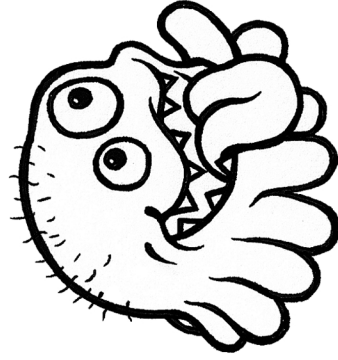
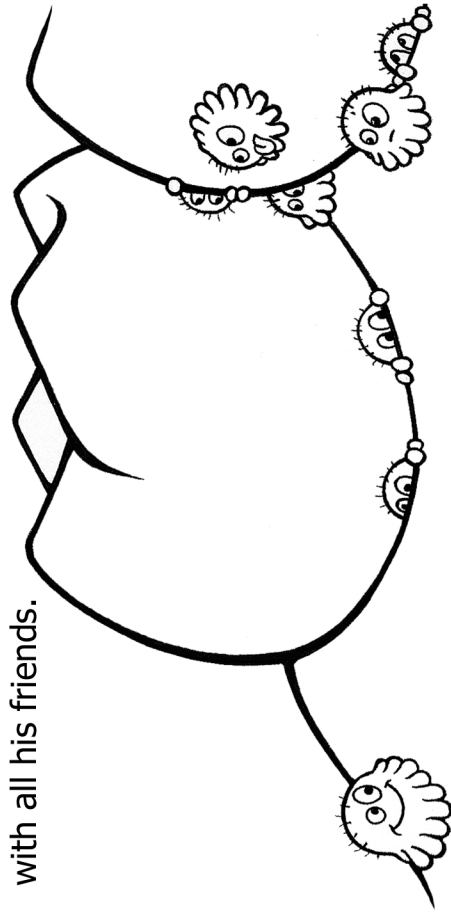
www.sugarbugdoug.com

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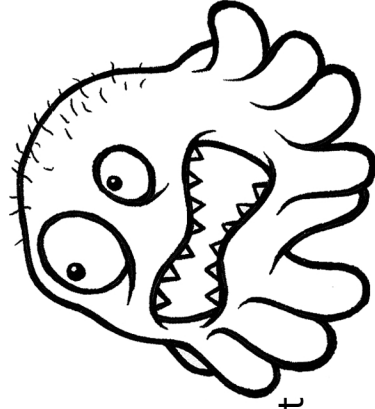


This is a bacteria
named Doug.
Doug is a sugarbug.
He lives in your
mouth.

Doug is very small and likes
to hide between your teeth.
He likes to hide there
with all his friends.

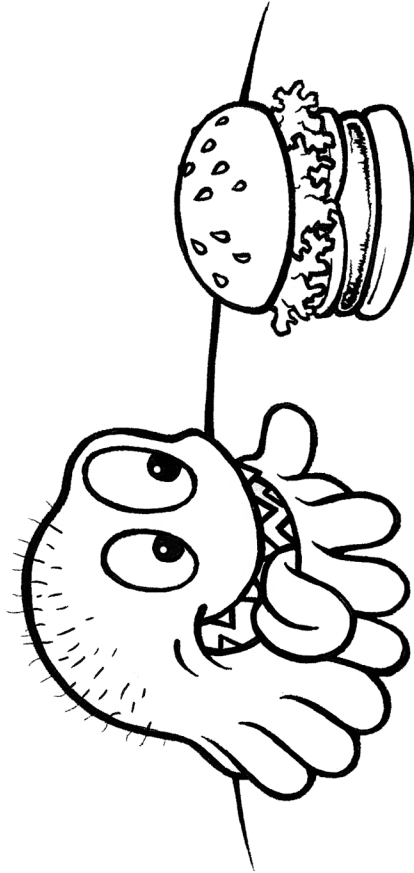


Draw some things
that sugarbugs like.

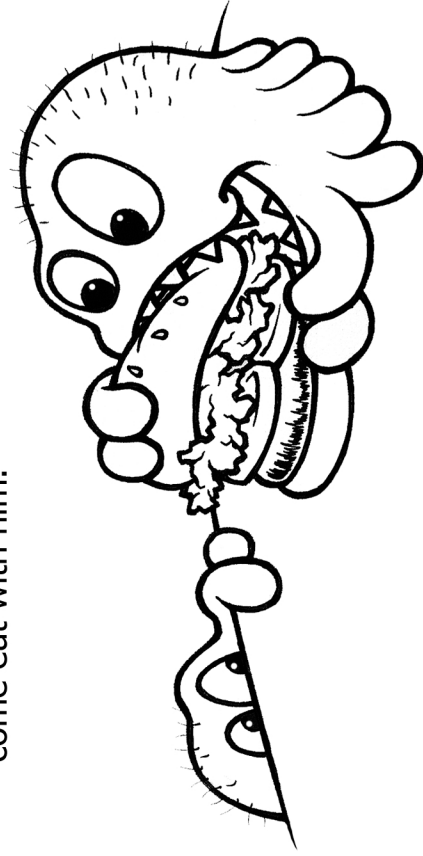


Draw some things that
sugarbugs don't like.

Doug loves his home.
He loves all the food he finds there.



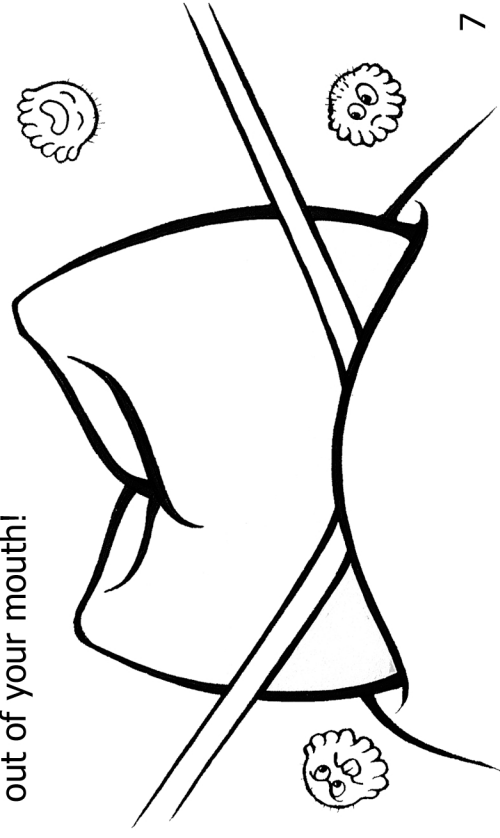
Whenever Doug finds food,
he invites all his friends to
come eat with him.



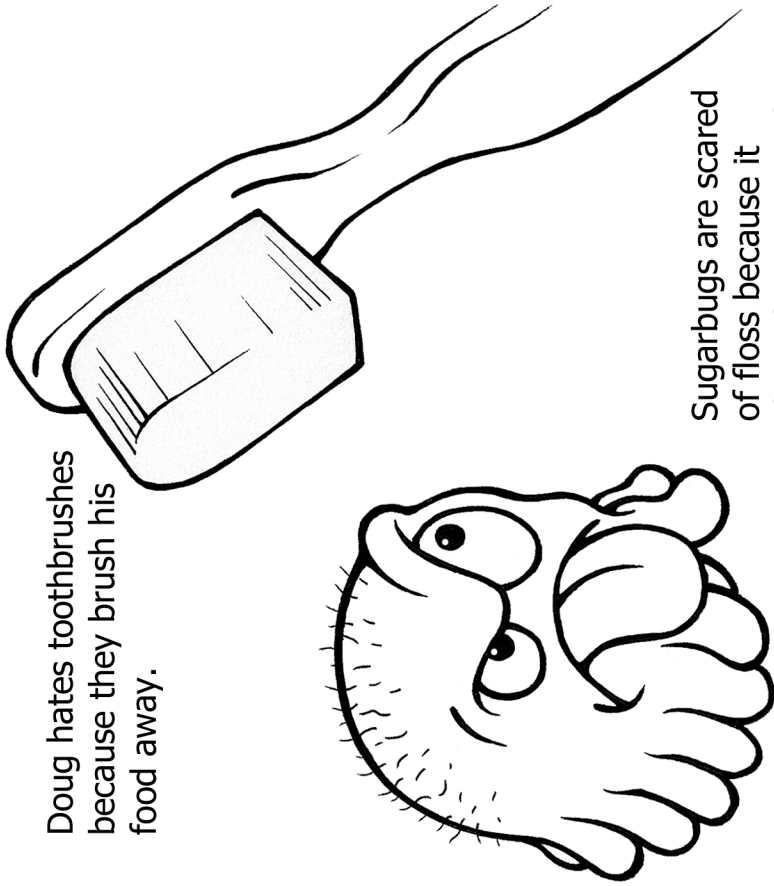
When a toothbrush cleans right next to your gums,
sugarbugs have to hide between your teeth or they
will be brushed away.



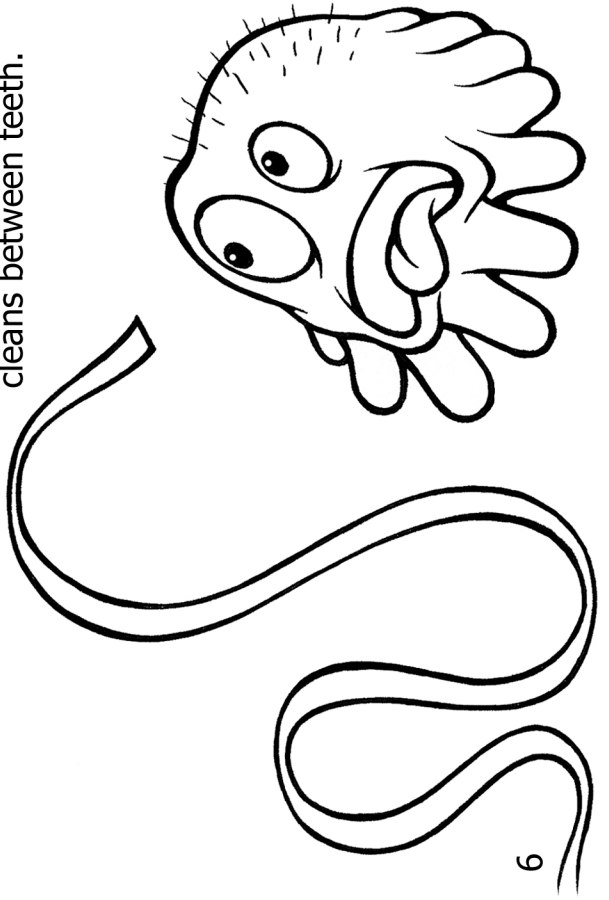
When floss cleans between teeth, Doug and his
friends have nowhere to hide. They are washed
out of your mouth!



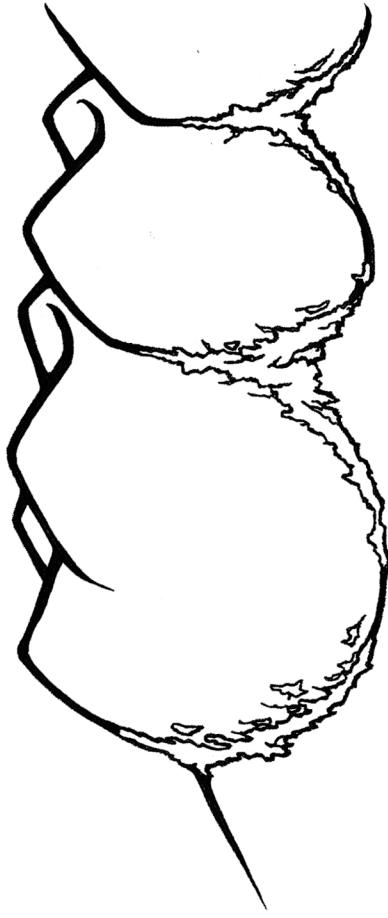
Doug hates toothbrushes because they brush his food away.



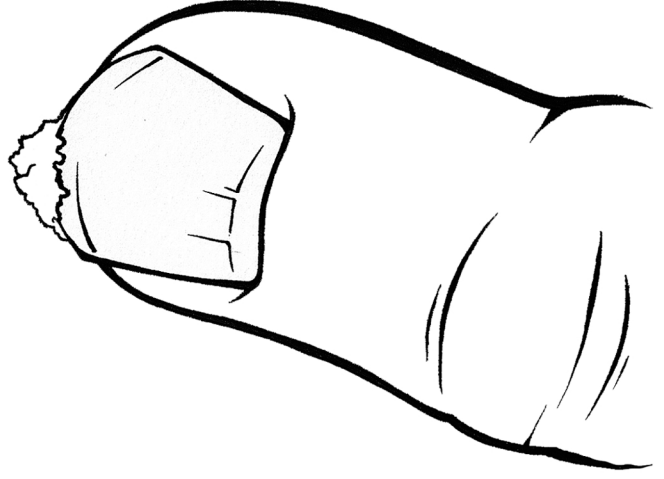
Sugarbugs are scared of floss because it cleans between teeth.



Doug is very small, but when all his friends come out and eat, you can see them between your teeth and next to your gums.

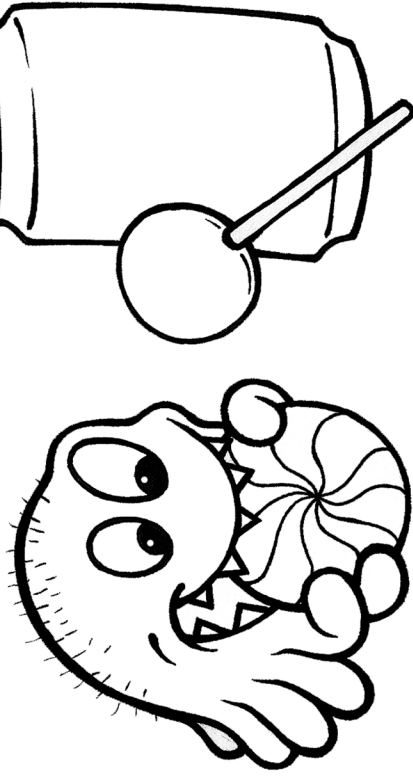


You can scrape them off your teeth with your fingernail or a toothbrush.

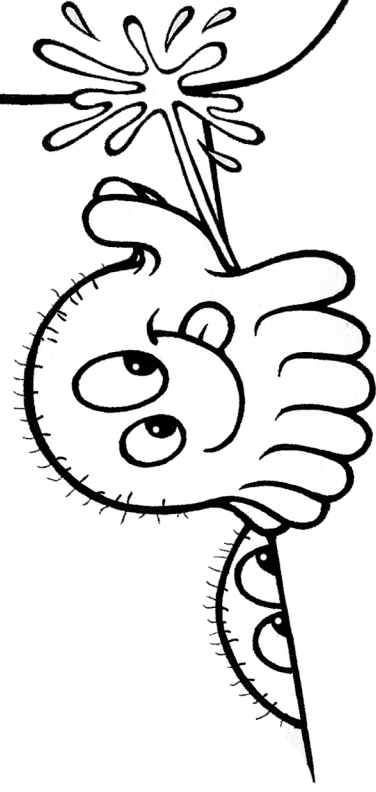


What you scrape off is called plaque. It is usually a pale, yellow color.

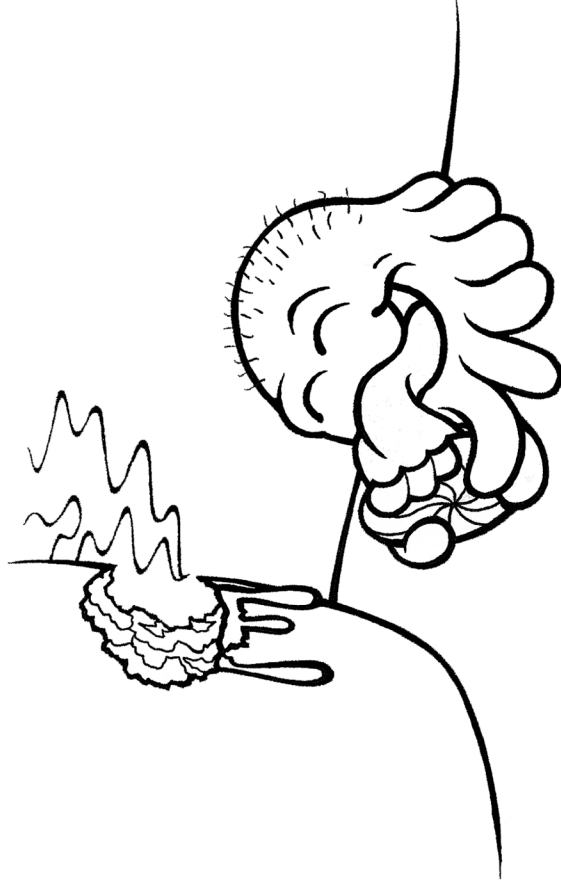
Doug's favorite food is sugar.
The sweeter it is, the more he likes it.



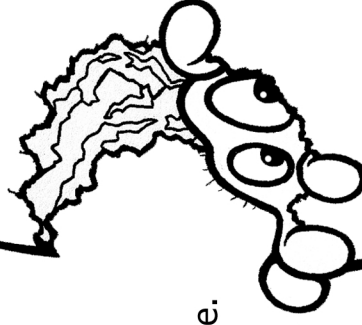
Whenever Doug finds food,
he makes acid. He likes to
squirt acid on your teeth.



If acid is left on your teeth
for a long time, the acid will
make your teeth rot.
These rotten holes are
called cavities.

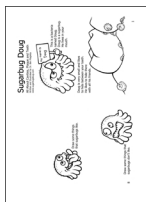


Sugarbugs can hide in
cavities. They are safe
from the toothbrush there.
Once Doug has started a
cavity, he can make it as
big as he wants.

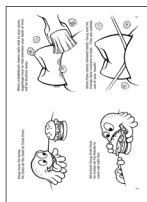


Instructions for printing and binding “Sugarbug Doug Minibook”

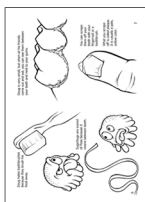
1. Print out all four pages



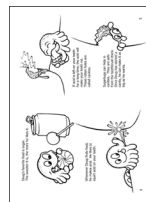
1/8



2/7

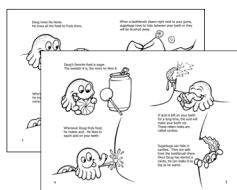


3/6



4/5

2. Make **double sided copies**, 1/8 and 2/7 on one page, 3/6 and 4/5 on the other. Be sure that the sides are right side up to each other.
3. Place the 1/8-2/7 copy down first, with the 2/7 side up. Place the 3/6-4/5 copy on top with the 4/5 side up.



4. **Fold the copies** in the middle.
5. **Staple** the pages together, right on the crease of the fold, you will need a longer than normal stapler to do this correctly.
6. **Fold the book** back to normal,
You are done!

