



# ORAL HEALTH QUIZ



## True or False

**Asthma the most common chronic childhood disease followed by dental caries (tooth decay).** **ANSWER: FALSE**

Dental caries (tooth decay) is the single most common chronic childhood disease. It is five (5) times more common than asthma and seven (7) times more chronic than hay fever. Dental caries is described as a

transmissible disease that results when acid-producing oral bacteria metabolize sugars which leads to acid production that over time demineralizes (weakens, breaks down and soften) tooth structure (teeth).

### Sources:

2000 Surgeon General's Report of Oral Health in America

<http://www.nidcr.nih.gov/DataStatistics/SurgeonGeneral/Report/ExecutiveSummary.htm#preface>

<http://www.aap.org/commpeds/dochs/oralhealth/index.html>

[http://www.aapd.org/media/Policies\\_Guidelines/P\\_ECCClassifications.pdf](http://www.aapd.org/media/Policies_Guidelines/P_ECCClassifications.pdf)



## True or False

**Children should go to the dentist for their first dental appointment by age three (3).** **ANSWER: TRUE**

**ANSWER: TRUE**

The American Academy of Pediatric Dentistry, the American Dental Association and the American Academy of Pediatrics all recommend that a child should see the dentist and establish a dental home by the age of 12 months (1 year). The impetus behind this nationwide change in policy was due to the fact that research showed many children, who were 3 years of age or older visiting the dentist for the first time, were getting diagnosed with multiple teeth with decay. By seeing children at a younger age, it affords the dentist the opportunity to address issues such as dietary counseling, proper oral hygiene techniques, trauma prevention, growth and development of the dental arches, to name a few, with the hopes of changing behaviors, stopping bad habits and ultimately lowering the incidence of tooth decay.

At most first dental visits, the child will not have their teeth cleaned or dental radiographs (x-rays) taken; however, the dentist will be able to perform an exam of the oral cavity (mouth) as well as the head and neck region. A Pediatric Dentist, who is a specialist that has completed a Post-Doctoral training program focusing completely on the dental needs of children and those with special healthcare needs, is well equipped and trained to perform initial examinations on very young children. There are also some general dentists (ones who see all ages) that are also comfortable with performing initial examinations on young children. If you need to locate a Pediatric Dentist in your area, you may visit the website of the American Academy of Pediatric Dentistry, at their website [www.aapd.org](http://www.aapd.org).

### Sources:

[http://www.aapd.org/media/Policies\\_Guidelines/P\\_DentalHome.pdf](http://www.aapd.org/media/Policies_Guidelines/P_DentalHome.pdf)

[http://www.aapd.org/media/Policies\\_Guidelines/P\\_ECCClassifications.pdf](http://www.aapd.org/media/Policies_Guidelines/P_ECCClassifications.pdf)

<http://www.aap.org/commpeds/dochs/oralhealth/index.html>



### True or False

Simple habits such as nail biting, chewing ice or clenching teeth can lead to tooth problems.

ANSWER: TRUE

The brittleness and cold temperature of ice cubes can actually cause teeth to fracture. They can cause microscopic cracks in the surface of the enamel, which could lead to bigger dental problems over time. It is natural for women with fibroids to have a strong craving for ice. This is called ( Pica ) which is a craving for non-food items. The craving for ice comes from the loss of iron in the blood due to heavy menses. The body is craving the oxygen inside the ice and this is why women who are low in iron will have a strong urge to eat ice all the time. Right up there with ice cubes are popcorn kernels, which can also put undue stress on a tooth and cause it to fracture. Whether you grind your teeth during the day,

at night, or both day and night, it wears them down. Although teeth grinding can be caused by stress and anxiety, it is more likely caused by an abnormal bite or missing or crooked teeth. Dentists report that patients rely on their teeth for a number of odd jobs: to tear open a bag of potato chips, uncap a bottle of nail polish, pull out a watch stem, straighten a bent fork tine, or rip a price tag off a piece of clothing. This can be hard on your teeth, traumatizing them or causing the edge of a weakened tooth to chip off or even fracture.

Source: <http://www.webmd.com/oral-health/do-you-have-these-5-bad-dental-habits>

Source: <http://www.everydayhealth.com/dental-health-pictures/bad-habits-that-can-harm-your-teeth.aspx>

Source: <http://danatate.hubpages.com/hub/UterineFibroidsmyomectomyandmyomectomy>



### True or False

You should change your soft bristled tooth brush once a year.

ANSWER: FALSE

Most dentists agree you should change your toothbrush every three months. Studies show that after three months of normal wear and tear, toothbrushes are much less effective at removing plaque from teeth and gums compared to new ones. The bristles break down and lose their effectiveness in getting to all those tricky corners around your teeth.

To keep your toothbrush and yourself healthy, make sure you let it dry out between uses. Toothbrushes can be breeding grounds for germs, fungus and bacteria, which after a while can build up to significant levels. After using your toothbrush, shake it vigorously under tap water and store it in an upright position so that it can air out. To prevent cold and flu viruses from being

passed between brushes, try to keep your toothbrush from touching others when it is stored. A standard toothbrush holder with slots for several brushes to hang upright is a worthwhile investment in your family's health.

It is also important to change toothbrushes after you've had a cold, the flu, a mouth infection or a sore throat. That's because germs can hide in toothbrush bristles and lead to reinfection. Even if you haven't been sick, fungus and bacteria can develop in the bristles of your toothbrush —another reason to change your toothbrush regularly.

Source: <http://www.colgate.com/en/us/oc/oral-health/basics/brushing-and-flossing/article/toothbrush-care-and-replacement>



### True or False

Gum disease can be linked to heart disease, diabetes or stroke.

**ANSWER: FALSE**

Research has shown that periodontal disease is associated with several other diseases. For a long time it was thought that bacteria was the factor that linked periodontal disease to other disease in the body; however, more recent research demonstrates

that inflammation may be responsible for the association. Therefore, treating inflammation may not only help manage periodontal diseases but may also help with the management of other chronic inflammatory conditions.

#### DIABETES

Severe periodontal disease can increase blood sugar, contributing to increased periods of time when the body functions with a high blood sugar. This puts people with diabetes at increased risk for diabetic complications.

#### HEART DISEASE

Additional studies have pointed to a relationship between periodontal disease and stroke. In one study that looked at the causal relationship of oral infection as a risk factor for stroke, people diagnosed with acute cerebrovascular ischemia were found more likely to have an oral infection when compared to those in the control group.

#### OSTEOPOROSIS

Researchers have suggested that a link between osteoporosis and bone loss in the jaw. Studies suggest that osteoporosis may lead to tooth loss because the density of the bone that supports the teeth may be decreased, which means the teeth no longer have a solid foundation.

#### RESPIRATORY DISEASE

Research has found that bacteria that grow in the oral cavity can be aspirated into the lungs to cause respiratory diseases such as pneumonia, especially in people with periodontal disease.

#### CANCER

Researchers found that men with gum disease were 49% more likely to develop kidney cancer, 54% more likely to develop pancreatic cancer, and 30% more likely to develop blood cancers.

Source: <https://www.perio.org/consumer/other-diseases>

Source: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC88948/>



### True or False

I need to see a dentist if I wear dentures.

**ANSWER: TRUE**

It is still important to see your dentist regularly and practice good oral hygiene if you wear dentures. Your dentist will check under your dentures and tongue, around your gums to look for infection, ulcers or other irregularities you might not see each day. Your dentist will give your recommendations on using dentures and problems you might encounter if they are illfitting. Also, if you have diabetes, you have a higher chance of oral health concerns than people who do not have diabetes. With diabetes, you have a higher risk of serious gum infections around any remaining natural

teeth. Your dentist is the health care professional who can look for warning signs of infection and start you on treatment if needed. Every day you should brush your gums, tongue, and roof of your mouth every morning with a soft-bristled brush before you insert your dentures to stimulate circulation in your tissues and help remove plaque. Like your teeth, your dentures should also be brushed daily to remove food particles and plaque. Brushing also can help keep the teeth from staining.

Source: <https://www.sharecare.com/health/denturesandseniorshhealth/need-see-dentist-wear-dentures>

Source: <http://www.mouthhealthy.org/en/aztopics/d/Dentures>



### True or False

It is not important to floss on a daily basis.

ANSWER: FALSE

Flossing is an essential part of taking care of your teeth and gums. The American Dental Association recommends flossing at least once a day to help remove plaque from the areas between your teeth where your toothbrush can't reach. This is

important because plaque that is not removed by brushing and flossing can eventually harden into calculus or tartar. Flossing also helps prevent gum disease and cavities.

Source: <http://www.mouthhealthy.org/en/aztopics/f/flossing>



### True or False

Bad breath is hereditary.

ANSWER: FALSE

Bad breath is not hereditary. Instead, there may be several reasons for bad breath.

 Food. What you eat affects the air you exhale, like garlic or onions. If you don't brush and floss daily, particles of food can remain in the mouth, collecting bacteria, which can cause bad breath. It is easy to avoid eating foods that tend to be the main culprits of bad breath, but you must also be wary of your diet. High protein and low carbohydrate diets may be good for your health but they can cause a foul odor in your mouth. Not eating enough carbohydrates will trigger your body to burn fat instead of sugar and, therefore, cause bad breath.

 Gum disease. Persistent bad breath or a bad taste in the mouth can also be one of the warning signs of gum disease; which is caused by plaque.

 Dry mouth. This occurs when the flow of saliva decreases and can be caused by various medications, salivary gland problems or continuously breathing through the mouth. Without enough saliva, food particles are not cleaned away. If you suffer from dry mouth, your dentist may prescribe an artificial saliva, or suggest using sugarless candy or increase your fluid intake.

 Smoking and tobacco. In addition to staining teeth and being bad for overall health, tobacco can add to bad breath. Tobacco reduces your ability to taste foods and irritates gum tissues. Tobacco users are more likely to suffer from gum disease and are at greater risk for developing oral cancer. If you use tobacco, ask your dentist for tips on kicking the habit. Medical conditions. Some diseases have symptoms related to bad breath. Sinus or lung infections, bronchitis, diabetes, and some liver or kidney diseases may be associated with bad breath.

To cure bad breath, follow these simple steps:

-  Brush your teeth and floss regularly
-  Clean your tongue
-  Hydrate often
-  Watch what you eat
-  Visit your dentist

Source: <http://www.mouthhealthy.org/en/aztopics/b/badbreath>

Source: <http://www.colgate.com/en/us/oc/oralhealth/conditions/badbreath/article/sw281474979036771>