

DENTAL AND ORAL HEALTH IQ TEST

1. The 1st Tooth erupts in the oral cavity at the age of 6 months
TRUE FALSE
2. A child has 20 milk teeth
TRUE FALSE
3. Diabetic persons are at increased risk of dental disease
TRUE FALSE
4. Gum Diseases are associated with...
Pregnancy Heart disease and stroke
Diabetes All of the above
5. Living in a Community having fluoridated water supply helps in preventing Tooth Decay.
TRUE FALSE
6. Which of the following increases the risk of caries
Soft drinks/energy drinks
Cough drops and hard candies
Sticky foods like toffies and raisins
Chewing gum
All of the above
7. Prolonged bed-time bottle feeding with sugary milk or juice is not recommended for babies
TRUE FALSE
8. Dental and Oral diseases are more common in persons having persistently dry mouth
TRUE FALSE
9. What is the role of milk teeth in children...
Helps in speech
Guide permanent teeth to erupt
Helps in development of face and jaw
Helps in eating solid food
Are important even though they eventually fall out
All of the above
10. The hardest material in the human body is...
Bone
Enamel
11. You should brush your teeth...
Once a week Twice a day After each meal

Now answer the following questions to see your risk of oral disease.

1. I brush my teeth after

Each meal 1x day 2x day Weekly

2. I floss my teeth

After each meal 1x day 2x day Weekly

3. I use a fluoridated toothpaste when I brush my teeth.

Yes No

4. I visit my dentist

Regularly Rarely or never

5. The last time I had a cavity filled was

Within the last year Within the last 12-36 months

Over 5 years ago As a kid or never

6. The water I drink is fluoridated.

Yes No

7. I have dental sealants application over my teeth.

Yes No

8. I wear braces / partial dentures / crowns and bridge / dental implants

Yes No

9. I eat or drink sugary foods (hard sticky candy, antacids, breath mints, dried fruit, cakes, caramel, soda, energy drinks, juices, non dairy creamer, flavored yogurt, etc.)

1x day Often between meals Rarely

10. I regularly eat or drink acidic items like citrus fruits or sports/energy drinks.

1x day Often Rarely

11. My gums are puffy, sensitive and bleed when I brush my teeth.

Yes No

12. I think my gums are receding (shrinking).

Yes No

13. I have diabetes.

Yes No

14. I take prescriptions or over the counter medications.

Yes No

15. I smoke cigarettes, pipe, cigar or chew tobacco.

Yes No

16. I am pregnant.

Yes No

17. I use products containing Xylitol (chewing gum, mints, rinse).

Daily Occasionally Never

18. I have lost a tooth because of decay or gum disease.

Within the last year 12-26 months

More than 3 years Never

Your response reveals some risk factors. Good oral hygiene is important in controlling these risk factors. Brushing and flossing daily is mandatory. Visit your dentist to know about your areas of risk. By taking action right now, you may be able to reverse or manage disease in your mouth.

Good oral health comes from an awareness about risk factors and protective factors. Think about your answers to these questions and use this chart to start a conversation with your dentist about managing your areas of risk. Be aware that the chance that you will develop cavities changes over time as your risk factors change.

Protective Factors

Brushing and flossing daily

Annual or semi-annual check ups at dentist

Use of fluoridated toothpaste

Sealants application on molars

Topical application of fluoride varnish

Community water is fluoridated

Use xylitol as sugar substitute

Good genetics

Risk Factors

Poor oral hygiene

Irregular dental visits

A cavity within the last 3 years

Prolonged bedtime use of bottles for feeding babies

A tooth lost due to decay or gum disease

Puffy or bleeding gums

Receding (shrinking) gums, root surface is exposed

Diabetes

Pregnancy

Tobacco use (cigarettes, pipes, cigars, chewing)

Prescription/over-the counter-medicines

Braces or partial dentures

Consumption of sugary foods in between meals

Frequent consumption of acidic foods

Chemotherapy or radiation therapy

Eating disorders

Drug or alcohol abuse

Persons with special health care needs

Dry mouth