



MASSACHUSETTS

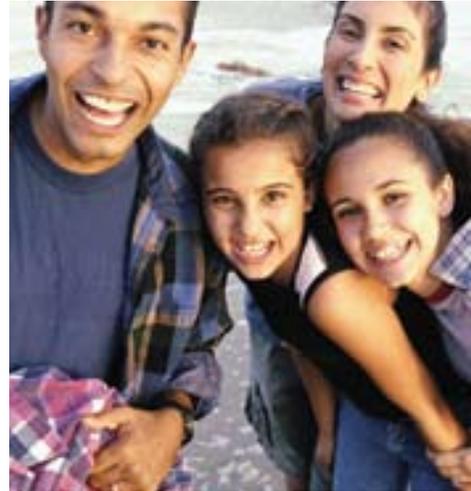
Oral Health for Total Health

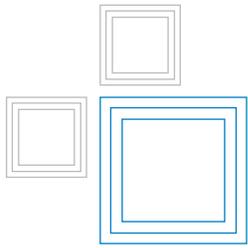




MASSACHUSETTS

Activities



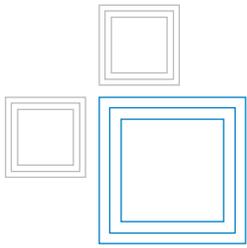


Oral Health Self-Assessment

Do you know how well you're caring for your teeth? Find out by taking this self-assessment. Then use your score to learn more.

1. How often do you brush your teeth?
 - A. Never
 - B. Once a day
 - C. At least twice a day
2. How long do you spend brushing your teeth?
 - A. Thirty seconds
 - B. At least two minutes
 - C. One minute
3. How often do you use dental floss to clean between your teeth?
 - A. Once a week
 - B. Once a month or more
 - C. Once a day
4. Do you smoke?
 - A. Yes
 - B. No
 - C. Sometimes
5. How often do you see a dentist?
 - A. At least every six months
 - B. Once every five years
 - C. Once a year

Please see the following page for answers



Oral Health Self-Assessment *(continued)*

Self-Assessment Answer Key

Add up your points to learn how well you care for your teeth.

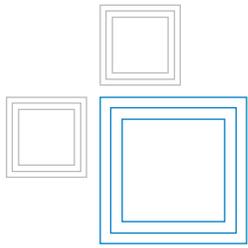
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|----------------|-------------|-------------|----------------|-------------|-------------|
| 1. A. 0 points | B. 0 points | C. 1 point | 4. A. 0 points | B. 1 point | C. 0 points |
| 2. A. 0 points | B. 1 point | C. 0 points | 5. A. 1 point | B. 0 points | C. 0 points |
| 3. A. 0 points | B. 0 points | C. 1 point | | | |

If you scored:

4–5 points: Congratulations on taking excellent care of your teeth! Keep up the good work!

2–3 points: Your getting there. You have a little more work to do for optimal health care. Remember, good oral health and overall health go hand in hand.

0–1 point: Let's start working harder on your oral care to improve your oral and overall health. Our oral health is connected to the health of many other systems in our bodies.



Oral Health for Total Health Activities

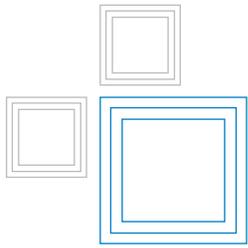
Once you've read Oral Health for Total Health, test your knowledge with the quizzes below. The better your score, the more likely you are to improve your oral and overall health!

Activity #1: The Tooth Truth Quiz

How much do you know?

1. Plaque that isn't removed by brushing and flossing may harden into tartar.
TRUE or FALSE
2. Only a dental professional can remove tartar.
TRUE or FALSE
3. Controlling plaque requires 20 minutes of brushing each day.
TRUE or FALSE
4. To help control plaque and tartar buildup you should visit your dentist once a year.
TRUE or FALSE
5. Plaque is made of bits of dried saliva.
TRUE or FALSE
6. Gingivitis, characterized by bleeding and swelling of the gums, is the first stage of periodontal disease.
TRUE or FALSE
7. The only treatment for periodontal disease is removal of the teeth.
TRUE or FALSE
8. Gum disease can be a risk factor in developing coronary artery disease.
TRUE or FALSE
9. Periodontal disease more commonly affects women than men.
TRUE or FALSE

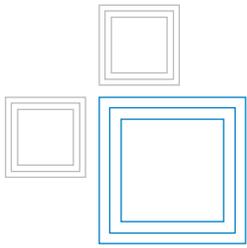
Please see the following page for answers



Oral Health for Total Health Activities *(continued)*

Tooth Truth Quiz Answer Key

1. True.
2. True.
3. False. You should brush your teeth for a minimum of two minutes twice a day and floss at least once a day.
4. False. You should visit your dentist twice a year or more frequently if you have gum disease.
5. False. Plaque is a sticky film of bacteria that accumulates on the teeth.
6. True.
7. False. Periodontal disease can be controlled with good oral hygiene and professional dental care.
8. True.
9. False. Periodontal disease can affect both men and women equally.

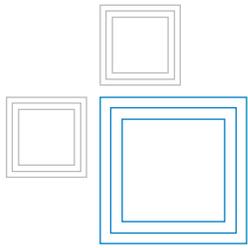


Oral Health for Total Health Activities *(continued)*

Activity #2: The Tooth Care Quiz

1. On a daily basis, how often is it recommended that you brush your teeth?
 - A. Never
 - B. Once
 - C. At least twice
2. How hard should teeth be brushed?
 - A. Bend the bristles
 - B. Hard enough that you are strengthening muscles while brushing
 - C. Using a gentle touch
3. In accordance with #2, is it possible to over-brush teeth with a soft-bristled toothbrush?
 - A. No
 - B. Yes
 - C. Maybe
4. What is the least amount of time that should be spent on brushing teeth each time?
 - A. Thirty seconds
 - B. Three minutes
 - C. Two minutes
5. How often is it recommended to use dental floss?
 - A. Once a week
 - B. At least once a day
 - C. Once every two days
6. Dental checkups are recommended _____.
 - A. Monthly
 - B. Yearly
 - C. Every six months
7. Sharing toothbrushes is _____.
 - A. Okay as long as you are not sick
 - B. Never okay
 - C. Okay if you are married

Please see the following page for answers



Oral Health for Total Health Activities *(continued)*

Answers

1. C. At least twice. Brushing your teeth twice a day helps to remove bacteria and food particles from around the teeth before they have a chance to cause cavities or harden into tartar.
2. C. Using a gentle touch. Teeth should always be brushed gently. Brushing hard or using a hard toothbrush may wear away the tooth enamel and cause gum recession.
3. A. No. Soft bristled toothbrushes are best in helping to prevent gum recession caused by rigorous brushing.
4. C. Two minutes. Two minutes is a reasonable amount of time to brush to fully clean all of the surfaces of your teeth.
5. B. At least once a day. Bacteria and food particles accumulate between teeth. Flossing once a day effectively removes this accumulation to help prevent cavities or gum disease.
6. C. Semiannually. Dental checkups are routinely recommended every six months. Checkups may be required more frequently if you are prone to gum disease.
7. B. Never okay. Bacteria can accumulate on toothbrushes. Using someone else's toothbrush makes you more susceptible to having bacteria transferred from that toothbrush to your mouth.

