

# Brush Up on Dental Health



- 1. What percentage of adults have fillings?**
  - a. 50%
  - b. 63%
  - c. 78%
  - d. 92%
- 2. If you can't brush after a meal, chewing gum can help.**

True or false?
- 3. How much time each day should you spend brushing your teeth?**
  - a. 30 seconds
  - b. 1 minute
  - c. 4 minutes
  - d. 20 minutes
- 4. Baking soda makes a good toothpaste substitute.**

True or false?
- 5. How often should you replace your toothbrush?**
  - a. every 3 weeks
  - b. every 3 months
  - c. once a year
  - d. every 2 years
- 6. Drinking alcohol increases your risk of oral cancer.**

True or false?
- 7. When is the most important time to brush?**
  - a. morning
  - b. mid-day
  - c. evening
  - d. after every meal
- 8. Which activity can harm your teeth?**
  - a. smoking
  - b. drinking sugary sodas
  - c. playing contact sports without a mouthguard
  - d. using your teeth as a tool (to open hairpins, to cut tape)
  - e. all of the above
- 9. Although vitamin C is important, the tablets can pose risks to your teeth.**

True or false?

Check your answers on the back



# Answers

- 1. d.**

Even though most adults suffer from cavities, tooth decay is easy to prevent: with a proper oral hygiene regimen, regular visits to the dentist and use of fluoride.
- 2. True.**

Even though there's no substitute for brushing and flossing, chewing gum can help stimulate saliva to wash away bacteria.
- 3. c.**

The Academy of General Dentistry recommends brushing twice a day for two minutes at a time. That adds up to four minutes a day! Do you brush that long? Many people think they brush for two minutes but stop after 30 seconds. Try using a timer or stopwatch to see if you're brushing enough.
- 4. False.**

Baking soda is effective at removing plaque from your teeth, but it doesn't provide the tooth-strengthening fluoride found in most toothpastes.
- 5. b.**

As the bristles of your toothbrush wear down, they become less effective at reaching spots between your teeth. Replacing your toothbrush every three months helps ensure that your fight against plaque is successful.
- 6. True.**

Risk factors for oral cancer include alcohol, tobacco and the human papillomavirus (HPV).
- 7. d.**

Ideally, you should brush your teeth after every meal. If that's not possible, make sure to brush twice a day, especially before going to bed, to limit the growth of bacteria in your mouth as you sleep.
- 8. e.**

All of these behaviors can contribute to tooth decay, gum disease, tooth fractures and tooth loss.
- 9. True.**

That's if you opt for the chewable tablets. Even though vitamin C is important for gum health, the acid in the chewable tablets can wear down your enamel. To protect your teeth, make sure to swallow your tablets instead of chewing them.