

# Brush up on dental health



We'll do **whatever it takes and then some.**

## Test your dental IQ with these questions

Everyone knows that brushing and flossing help prevent tooth decay, but do you know how long you should brush? And how often you should replace your toothbrush?

Take this quick quiz and see how your dental health knowledge measures up.

1. What percentage of adults have fillings?
  - a. 50 percent
  - b. 63 percent
  - c. 78 percent
  - d. 96 percent
2. If you find yourself without a toothbrush or toothpaste, chewing gum will cleanse your mouth after a meal. True or false?
3. How much time each day should you spend brushing your teeth?
  - a. 30 seconds
  - b. 1 minute
  - c. 6 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. Men are more likely than women to have bad breath. True or false?
7. When is the most important time to brush?
  - a. morning
  - b. mid-day
  - c. evening
  - d. after every meal
8. What is the worst thing you can do to your teeth?
  - a. smoke
  - b. drink sugary sodas
  - c. play contact sports without a mouthguard
  - d. use your teeth as a tool (to open hairpins, to cut thread)
9. Although taking vitamin C may be good for your health, it may be bad for your teeth. True or false?

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- More dentists
- Simpler process
- Less out-of-pocket

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## Answers

1. **d.** This is a startling statistic when you consider that dental decay is preventable through proper brushing and flossing and regular visits to the dentist.
2. **True.** Chewing gum stimulates saliva, which naturally controls bacteria growth in the mouth. However, there's no substitute for brushing with fluoride toothpaste.
3. **c.** The Academy of General Dentistry suggests brushing three to four minutes, twice daily. Most people think they brush for the recommended six minutes but actually brush for less than 30 seconds. Try using a timer to see if you are being thorough enough in your brushing.
4. **False.** Baking soda controls bacteria in the mouth, but doesn't combat tartar.
5. **b.** Replacing your toothbrush every three months prevents the growth of cold-causing bacteria and viruses.
6. **True.** According to an American Dental Association survey, men are more likely than women to suffer from chronic bad breath. The leading cause was poor oral hygiene, followed by periodontal disease.
7. **d.** Ideally, brushing should be done after every meal. At the very least, you should brush twice a day, particularly before going to bed. The flow of saliva, which helps prevent cavities, decreases while you sleep.
8. **a, b, c and d.** All of these factors contribute to tooth decay, gum disease and/or fractured or lost teeth.
9. **True,** if it's the chewable kind. Chewable vitamin C makes your mouth acidic enough to start dissolving tooth enamel. Brush or rinse after chewing vitamin C, or switch to swallowable tablets.