# Check your dental IQ!

Answer the following questions regarding hygiene, decay-preventing (anticaries) diets, and anti-aging dentistry.

Learn the answers and be healthy!

1. How often do we need to brush our teeth?
   1. In the morning after breakfast and at night before bed
   2. After everytime you eat anything
   3. Only in the mornings before breakfast
2. How often do we need to visit the dental hygienist?
   1. Twice a year, or as hygienist directs
   2. Once every two years
   3. Once a year
3. Is it true that you can keep healthy teeth and a beautiful smile, even until you're a hundred years old?
   1. True, if you regularly visit the dentist and keep up good individual hygiene
   2. False
4. Is it possible to harm the tooth enamel if you use an abrasive tooth paste and a rough tooth brush?
   1. Yes, it’s possible
   2. No, that’s impossible
5. Is it possible to save ones teeth, even in situations such as: pregnancy, chemotherapy, hormonal changes, and virus infections?
   1. Yes, it's possible with very thorough care (keeping good personal hygiene, time gaps between meals, strengthening of the teeth and gums by specific means
   2. No, it's not possible. They will rot either way
6. Which foods make the teeth decay more?
   1. Sandwiches
   2. Chocolate
   3. Milk
7. After which foods is it sometimes okay to not brush your teeth?
   1. Cheese, eggs, nuts
   2. Apples, oranges
   3. Bread, cookies
8. Why do we see a rise in the wear on the teeth of young people?
   1. Because of the use of a lot of sweet, carbonated drinks
   2. Because of a rise in the level of stress
9. Which level of roughness of a toothbrush will not wear down the enamel of your teeth?
   1. Soft, ultrasoft
   2. Medium roughness
   3. Rough
10. What substances in toothpaste can irritate the mucous membranes of the mouth and the stomach when swallowed accidentally?
    1. Lauryl Sulphate
    2. Xylitol
    3. Baking soda
11. How long it is possible to use a toothpaste containing chlorhexidine and triclosan and not disturb the balance of microflora in the mouth ?
    1. A month
    2. Three months
    3. Six months
12. Which ingredient contains a paste which strengthens the enamel of the teeth
    1. Hydroxylapatite, Aminiftorid
    2. Enzymes
    3. Xylitol
13. What is the purpose of an oral irrigator?
    1. For cleaning the parts of the teeth that are impossible to reach with a toothbrush
    2. For massaging the gums and improving the blood circulation of the gums.
    3. All the above
14. Is it possible to, by judging the form of the front teeth, determine the gender and personality of a person?
    1. by the form of the corners of the front teeth, you can determine the gender:
    2. Female teeth have rounder corners and male teeth are more square
    3. Those who are active in life and business have sharp fangs (canine teeth)
    4. All answers are correct
15. How many killograms of pressure do the teeth undure during chewing?
    1. 160 kg
    2. 50 kg
    3. 250 kg
16. Which culinary spice can one use as an analgesic and anti-inflammatory agent?
    1. Cloves
    2. Black pepper
    3. Cinnamon
17. What do you do if your tooth hurts but there is no opportunity to go to the dentist?
    1. Take an analgesic and anti-inflammatory agent (Ibumetin)
    2. To reduce edema, take a suprastin
    3. Apply pounded clove to the tooth
    4. All of the above
18. Why do lifeless teeth break if you bite down on something really hard and live teeth don't?
    1. A lifeless tooth does not receive the needed nutrients from the blood vessels and is therefore more fragile
    2. A lifeless tooth doesn’t have the needed receptors to measure pressure because of the loss of the nerve
    3. Because of the loss of the nerve, the tooth looses its strength and breaks at the weakest point, which is the neck of the tooth, located under the gums
    4. All above answers are correct
19. Is it possible to slow the process of aging by keeping healthy teeth?
    1. Yes, because the teeth help hold the correct geometry of the face
    2. Kind of
    3. There is no connection between the