

Oral health quiz



Protect your teeth

Take this quiz to learn if your personal oral care can give you a reason to smile

Oral health issues are among the most common – and the most preventable – health concerns impacting the American public. The Centers for Disease Control and Prevention (CDC) calculate that 80% of the US population has had at least one cavity by age 34, and more than 50 percent show signs of periodontal (gum) disease.¹

Dentists know that good dental care supports a patient’s well-being, and can help avoid the expensive costs of serious oral health issues later on.

Take this short quiz to discover your level of knowledge about dental care. The answers are on the last page.

What does the American Dental Association recommend for the following? Give it your best guess!



How often should you brush your teeth?

- **Once** a day
- **Twice** a day
- **Three** times a day
- **Four** times a day



For how long should you brush during each tooth brushing?

- **30 seconds**
- **One** minute
- **Two** minutes
- **Three** minutes

How often should you floss?

- **Twice** a day
- **Once** a day
- Twice a **week**
- Once a **week**

How often is it recommended that you see a dentist?

- **Once** a year
- **Twice** a year
- **More** than twice a year
- At least once a year, depending on **one’s health**

At what age should a baby go for a first dental visit?

- At first **birthday**
- At first **tooth** but no later than first birthday
- At **six months**
- Between **12 and 18 months**

¹ https://www.nadp.org/Dental_Benefits_Basics/Dental_BB_1.aspx

How can you arm yourself and your children against cavities? (Check all that apply.)



- Consider dental **sealants** (especially in childhood)
- Avoid frequent **snacking** and **sipping**
- Drink **fluoridated water** (or brush with fluoride toothpaste after eating and drinking)
- **Visit your dentist** regularly, even if you have no natural teeth or use dentures

People who smoke are ___ more likely to lose their teeth.

- **Not**
- **2x**
- **3x**

How often should you replace your toothbrush?

- Every **year**
- Every **6-9** months
- Every **3-4** months

To prevent gum disease (check all that apply):

- **Floss** regularly
- Eat a **well-balanced** diet
- **Quit smoking.** Smoking increases your risk of gum disease.

Need dental care? Schedule an appointment with your dentist today.

How is your oral care knowledge? Compare your choices with the answers below.

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- Three times a day
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For how long should you brush during each tooth brushing?²

- 30 seconds
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How often should you replace your toothbrush?²

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- **Quit smoking. Smoking increases your risk of gum disease.**

How did you do?

7-9 correct answers: Well done! Your dentist would be proud.

4-6 correct answers: Fair. Maybe a visit to your dentist is in order to brush up on your oral health care maintenance.

1-3 correct answers: You can do better! Make sure you have a visit to your dentist on the calendar to ensure optimal oral health.

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