

Quiz. Measures to Prevent Dental Decay in Young Children

Determine if the following statements are True or False.

- True False 1. Toothbrushing *without* fluoride toothpaste is still very effective in preventing dental decay.
- True False 2. Private home well water never contains any significant amount of natural fluoride.
- True False 3. Fluoride varnishes can only be applied in a clinical setting such as a dental office to be effective.
- True False 4. Xylitol gum can be used in combination with other preventive measures such as fluorides.
- True False 5. The recommended protocol to achieve maximum effectiveness of xylitol gum is to chew it 3-5 times a day for 3-5 minutes each time.
- True False 6. Even partially sealed teeth (where some sealant is left in the pits and fissures) are less susceptible to dental decay than an unsealed tooth in children at high risk for dental decay.
- True False 7. Dental professionals and some health professionals are legally allowed to apply fluoride varnish in California.
- True False 8. Less than 40% of toothpastes in the U.S. contain fluoride.
- True False 9. Dental sealants are considered the most effective preventive measure against tooth decay for teeth with pits and fissures.
- True False 10. Fluoride varnishes and dental sealants should not be applied to “cavitated” dental carious lesions.
- True False 11. Many different methods for delivering chlorhexidine are available in the U.S.
- True False 12. On-demand breastfeeding for a prolonged time after the baby’s teeth start erupting has been linked to increased risk for dental decay, especially if the teeth are not cleaned regularly.

Select the one best answer to the following questions. Check your answers against the answer key at the end of the chapter.

13. Which is the most cost-effective way to prevent dental decay for everyone in a community?
- Toothbrushing with fluoride toothpaste twice a day

- b. Community dental sealant programs
- c. Community water fluoridation
- d. Use of fluoride tablets.

14. Fluoride mouthrinses generally are not recommended for young children less than age 5 or 6 because:

- a. They might swallow too much mouthrinse
- b. They can't swish well enough to receive all the benefits
- c. Their oral motor control is not yet sufficiently developed
- d. All of the above
- e. None of the above

15. How much toothpaste should be used for brushing children's teeth?

- a. A strip to cover all of the bristles
- b. A pea-sized amount
- c. Enough so it foams
- d. No toothpaste should be used.

16. Fluoride varnishes are useful caries preventive measures for infants and young children because:

- a. They can be applied quickly
- b. The taste does not appear to be objectionable
- c. The varnish hardens on contact with saliva
- d. The child is not prevented from eating and drinking for a number of hours
- e. All of the above.

17. Which of the following has been associated with dental fluorosis if used inappropriately?

- a. Toothpaste with fluoride
- b. Fluoride supplements
- c. Fluoride varnishes
- d. a and b
- e. All of the above