

WHAT YOU CAN'T SEE CAN HURT YOU.

As it turns out, so can what you don't know.
Test your knowledge of oral health below:

True or False

1. Your oral health can impact your overall health and well-being.
 True False
2. Gum disease (periodontal disease) is a chronic infection that is most often caused by the build up of dental plaque.
 True False
3. Tobacco users are more likely than non-users to develop gum disease.
 True False
4. Women with gum disease are twice as likely to deliver a premature low-birth weight baby.
 True False
5. There is no link between oral health and heart and stroke disease.
 True False
6. Dental decay, a disease caused by bacterial infection, is one of the most common disorders of childhood affecting more than half of 5 to 17 year-olds.
 True False
7. Oral health has little impact on the quality of sleep of pre-schoolers.
 True False
8. Toothache is the most common pain affecting the daily lives of Canadians.
 True False
9. Poor oral health impacts the psychological and social well-being of one in 12 Canadians.
 True False
10. Nearly half of Canadians will be affected by gum disease at some point in their lives.
 True False
11. Good oral hygiene habits can help prevent gum disease.
 True False
12. Chronic bad breath can be a sign of gum disease.
 True False



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1. True. Research shows there may be a link between oral disease and other health problems, and that the state of the oral and related tissues contributes to physical, mental and social well-being and to the enjoyment of life's possibilities. 2. True. While there are many factors involved in the development of gum disease, the most common cause is the build up of dental plaque. Plaque is a colourless film of bacteria that coats teeth and gets between the tooth surface and gum tissue. Over time, plaque hardens into tartar and causes the gums to become inflamed. If left untreated, the inflammation can develop into a serious infection that attacks the bone supporting the teeth and causes the gum tissue to shrink. 3. True. Tobacco users are 4 times more likely to develop gum disease than non-smokers. 4. False. Women with gum disease are up to 7 times more likely to deliver a premature low-birth weight baby. 5. False. Several research studies have found correlations between gum disease and heart and stroke disease. Your risk of cardiovascular disease increases with the severity of the gum disease. 6. True. Roughly 60 per cent of children 5 to 17 are affected by dental decay. 7. False. A rapid form of dental decay affects pre-schoolers and can cause pain, poor sleep and poor eating habits. 8. True. Canadian studies have found that in a four-week period, 6 to 9 percent of adults experience moderate to severe oral or facial pain. 9. False. Poor oral health impacts the psychological and social well-being of one-in-seven Canadians. It takes away from their enjoyment of eating and affects communication, social relationships and other daily activities. 10. False. Up to 80 percent of Canadians will be affected by gum disease at some point in their lives. 11. True. Start by brushing and flossing your teeth every day. Eat a healthy balanced diet but limit your intake of sugar snacks. Most importantly, visit your dentist regularly for a thorough examination and cleaning. 12. True. Other potential signs of gum disease include: gums that bleed when brushing or flossing; teeth overly sensitive to hot or cold; bright, red, swollen or tender gums; and loose teeth.