

PostTest - Consumer

Based on the ADA-GSK Oral Longevity Program, please answer the following questions.

1. When should you replace your toothbrush?
 - a. Once a year
 - b. Twice a year
 - c. When the bristles fan out
 - d. When your dentist gives you a new one
2. Which is the best type of floss to use?
 - a. Waxed floss
 - b. Dental tape
 - c. Unwaxed floss
 - d. The kind that you like to use
3. Which of the following should you always tell your dentist?
 - a. The medicines that you take
 - b. Your doctors' name
 - c. How often you use tobacco
 - d. All of the above
4. Which of the following is true?
 - a. As people get older, their mouths get dry
 - b. If you have no dental problems, you do not have to see a dentist.
 - c. People with dementia need regular dental care
 - d. Older adults rarely get cavities
5. Which of the following is true about mouth cancer?
 - a. It is not painful when it starts
 - b. It is only found in those who smoke
 - c. It is never found in older adults
 - d. It is completely curable
6. What can people with a dry mouth do to have their mouth feel less dry?
 - a. Drink coffee throughout the day
 - b. Suck on lemon drops
 - c. Sip water throughout the day
 - d. Consider it related to growing older
7. What do denture wearers need to do?
 - a. See a dentist at least once a year
 - b. Soak dentures over night in fluoride
 - c. Sleep with their dentures
 - d. Limit the amount of sugar they eat
8. If you have a hard time holding a regular toothbrush, what is a good alternative?
 - a. Use dental floss
 - b. Rinse with mouthwash
 - c. Have your dentist brush your teeth once a week
 - d. Use an electric toothbrush
9. When using a denture adhesive, it is best to:
 - a. Cover the denture
 - b. Use as little as possible
 - c. Only use it once a week
 - d. Only clean it out once a week
10. The most important reason to clean your mouth thoroughly every day is to:
 - a. Keep your teeth and gums healthy
 - b. Prevent bad breath
 - c. Reduce your risk of cavities
 - d. All of the above

OralLongevity™ is a collaboration between the American Dental Association (ADA), the ADA Foundation (ADAF) and GlaxoSmithKline Consumer Healthcare (GSKCH). The OralLongevity initiative was designed to enhance and preserve the oral health of older Americans