

Children's Dental Health Month is just around the corner, and we thought what better way to celebrate than to quiz our patients on their dental knowledge. So get your #2 pencils sharpened and let's see how well you know your teeth!!!

**1. How often should you be flossing?**

- a) once a day
- b) what's floss
- c) twice a year when Judee and Lisa floss my teeth
- d) twice a day

**2. How long should you brush for?**

- a) 30 seconds
- b) 1 minute
- c) 2-3 minutes
- d) until my gums bleed

**3. True or False**

Enamel is the hardest substance in the human body

**4. How many teeth are present in an adult?**

- a) 28
- b) 30
- c) 20
- d) 32

**5. What is the key ingredient in toothpaste that helps prevent tooth decay?**

- a) fluoride
- b) mint flavoring
- c) sodium lauryl sulfate
- d) none of the above

**6. What is the most important factor in keeping a healthy smile?**

- a) healthy diet
- b) seeing your hygienist at least twice a year for a cleaning
- c) good home care
- d) all of the above

As always it is important to see your dental professional on a regular basis; at least twice a year. We feel that proper dental knowledge is the key to keeping a healthy mouth and body. Patients of ages should know the importance of their teeth and why it is necessary to take proper care of them.

Happy Children's Dental Health Month!!!!

Judee & Lisa

Answer Key: 1-a, 2-c, 3-true, 4-a, 5-d, 6-d