

Oral Health: Reflective Questions

- 1. How do you correctly brush your teeth?**
 - a. Place the toothbrush at a 45 degree angle on both your gums and teeth
 - b. Brush your teeth in a back and forth motion
 - c. Brush your teeth for 2 minutes
- 2. What chemical is important for your teeth and oral health?**
 - a. Using oral hygiene products with fluoride
- 3. What is the proper technique of flossing your teeth?**
 - a. Make the floss a C-shape around the tooth and move the floss up and down around all the teeth
- 4. What are signs and symptoms related to oral cancer?**
 - a. A sore, lump, or lesion that doesn't go away after a couple of weeks
 - b. Red and/or white patches on your tongue, lips, gums or cheeks
 - c. Persistent pain numbness around your mouth or throat
- 5. What causes the development of cavities?**
 - a. Eating sugary, gummy candy
 - b. Bacteria to make lactic acid
 - c. Drinking several cans of soda a day