

Decide if the following statements are **TRUE** or **FALSE**

1. Improper diet may lead to destruction of enamel and in a long-run to tooth decay. **true**
2. Calculus may be really problematic as it is difficult to remove. **true**
3. Gum disease is dangerous even when it's treated. **false**
4. Plaque is always accompanied by gingivitis. **false**
5. Proper dental hygiene is a key for plaque elimination. **true**
6. Plaque will accumulate at the crown of the tooth. **false**
7. Calculus elimination may be a really painful procedure. **true**
8. Mouth rinses are as effective as toothbrushes and dental flosses, that is why they can be used interchangeably. **false**

Match each term from the table with proper definition

| | | | | |
|---------------|-----------------|-----------------|--------------------|-------------------|
| PLAQUE | DECAY | REGIMEN | IRRITATION | GINGIVITIS |
| ENAMEL | SWELLING | FLOSSING | PERODONITIS | ACID |

1. **flossing** - to clean the surfaces between your teeth with a special soft thread.
2. **acid** - a substance which is characterized by a sour taste.
3. **decay** - soft damaged area in a teeth which left untreated may lead to the death of the tooth.
4. **plaque** - a clear bacteria film on a surface of the tooth.
5. **irritation** .- a condition of inflammation, soreness, or irritability of a bodily organ or part.
6. **swelling** - an abnormal enlargement of a bodily structure or part.
7. **enamel**.- the hard substance covering the exposed portion of a tooth.
8. **regimen**.- a regulated system, as of diet, therapy, or exercise, intended to promote health or achieve another beneficial effect.
9. **gingivitis** - inflammation of the gums.
10. **perodontitis** - a disease that attacks the gum and bone and around the teeth.

Translate these useful phrases into English.

1. Szczotkuj zęby dwa razy dziennie i używaj nici dentystycznej przynajmniej raz dziennie.

Brush your teeth twice/two times daily and use a dental floss at least once/one time a day.

2. Polecałabym/Polecałbym pasty do zębów z dużą zawartością fluoru.

I could strongly recommend toothpastes with high fluoride content.

3. Proszę pamiętać że niektóre pokarmy, takie jak słodczy, napoje gazowane są wyjątkowo szkodliwe dla Pańskich zębów.

Please remember that some foods, such as sweets, soft drinks, are particularly harmful for your teeth.

4. Jeśli nie masz możliwości wyczyszczenia zębów po posiłku, pamiętaj aby wypłukać usta wodą, użyć płynu do płukania jamy ustnej lub żuć bezcukrową gumę do żucia.

If you can't brush your teeth after a meal, remember to rinse your mouth with water, use mouth rinse or chew sugar free gum.

5. Pamiętaj że profilaktyka jest kluczem. Wizyta u dentysty powinna odbywać się co 6 miesięcy.

Remember that prevention is a key. Dentists visits should take place every 6 months.