

Healthy Lifestyles Presents:

Oral Health

TRIVIA

Meet Your Host



Laura Settles

Lead Dentist @ Big Walker

Dentistry

SWVA Native

Mom of 2 girls



*Are you
ready?!*



Round 1

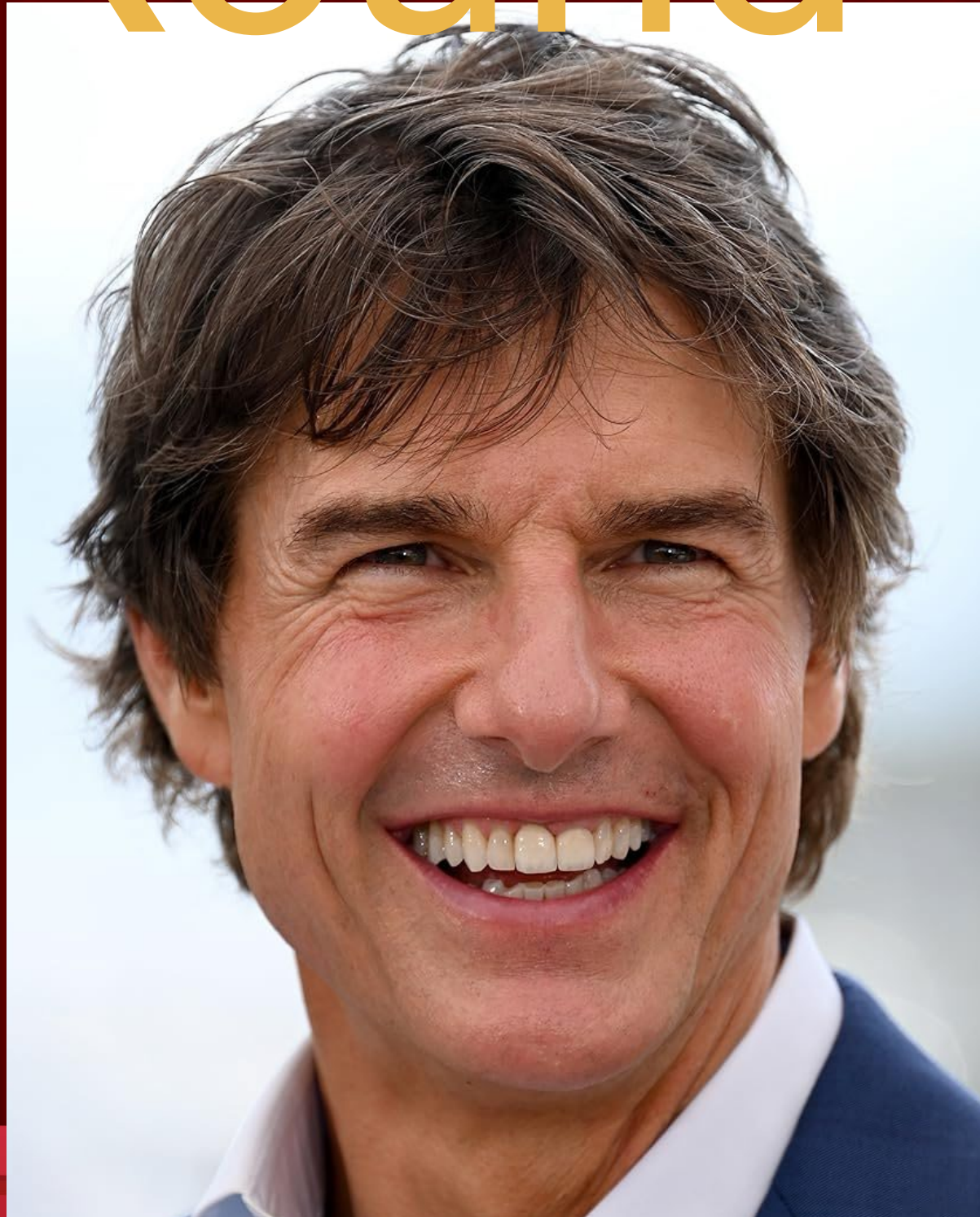
Famous Faces

Round 1



Round 1

Tom Cruise



Round 1



Round 1

Post Malone

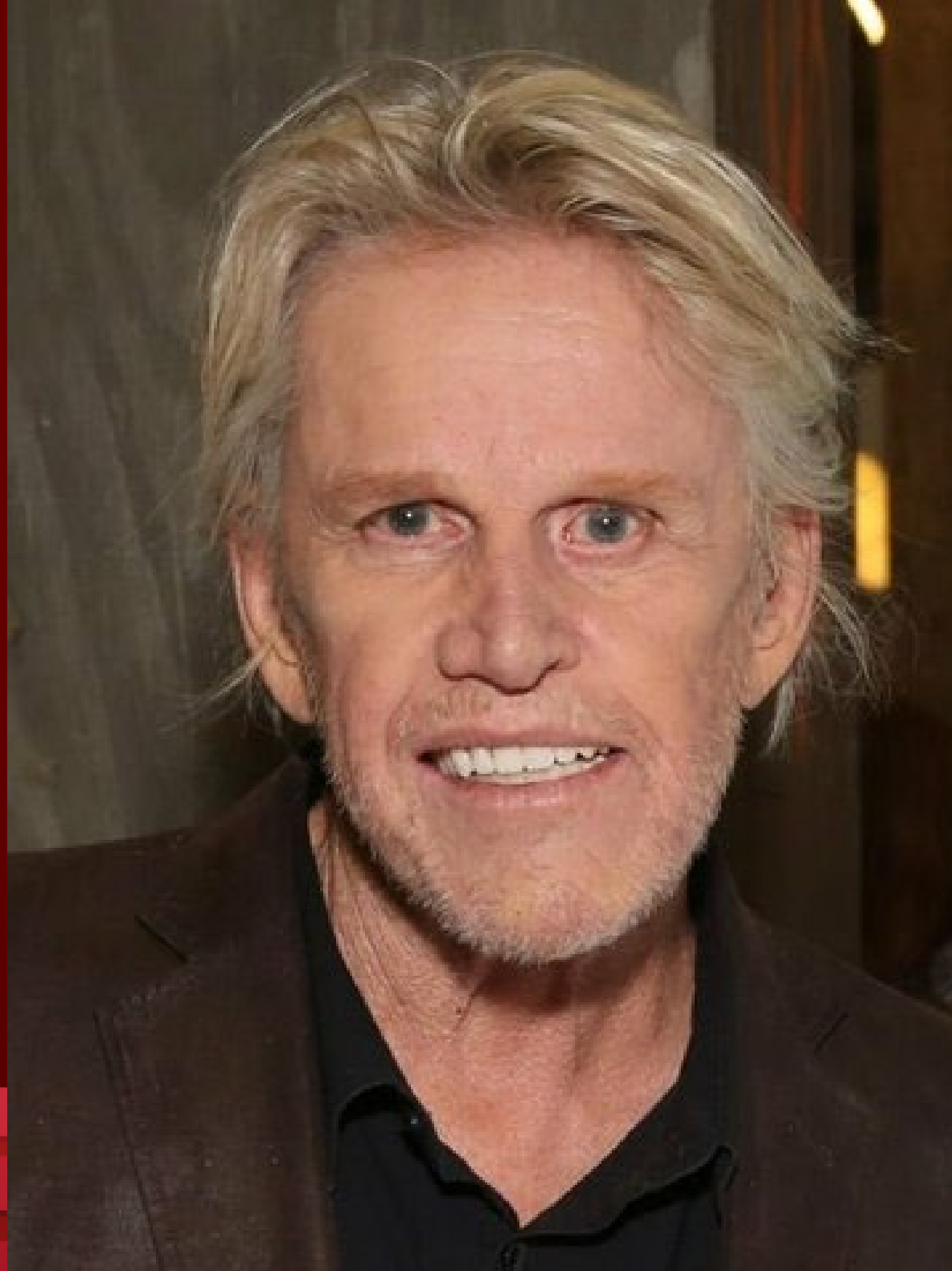


Round 1



Round 1

Gary Busey



Round 1



Round 1

Julia Roberts



Round 1



Round 1

Rihanna



Round 1



Round 1

Dolly Parton



The background of the image is a theater stage. Red curtains are pulled back on the left and right sides, revealing a dark red, vertically-pleated curtain in the center. In the foreground, there are several rows of red theater seats, viewed from behind. The seats are a deep red color with a slight sheen.

Round 2

Snack Attack

Round 2

Which of these snacks is more likely to contribute to cavities?

★ ★ ★
Ice Cream



★ ★ ★
Dried Fruit



Round 2

Which of these snacks is more likely to contribute to cavities?



Round 2

Which of these snacks is more likely to contribute to cavities?

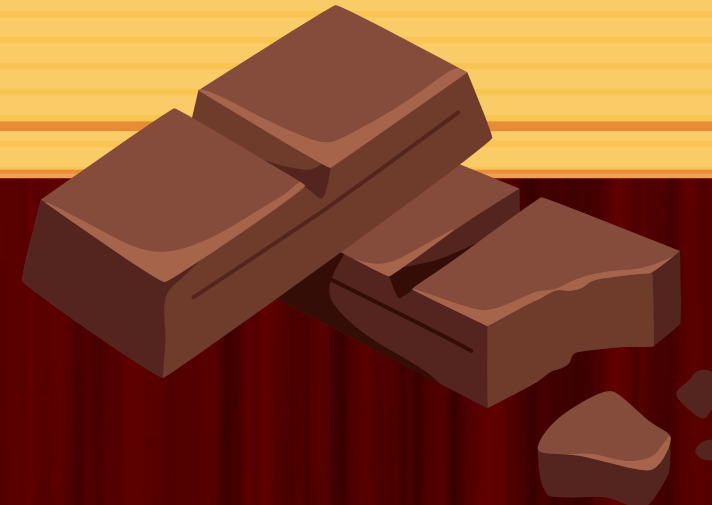


Goldfis

h



Chocolate



Round 2

Which of these snacks is more likely to contribute to cavities?



Round 2

Which of these snacks is more likely to contribute to cavities?



Apples



Oranges



Round 2

Which of these snacks is more likely to contribute to cavities?



Round 2

Which of these is safer for your enamel
or are they about the same?



Dubble Bubble



Ice Cubes Gum



Round 2

Dubble Bubble contains sugar;
Ice Cubes gums are sweetened with xylitol



Round 2

Not all water is created equal!
Rank the bottled water brands
from most to least acidic.



Nestle Pure Life



Aquafina



Fiji

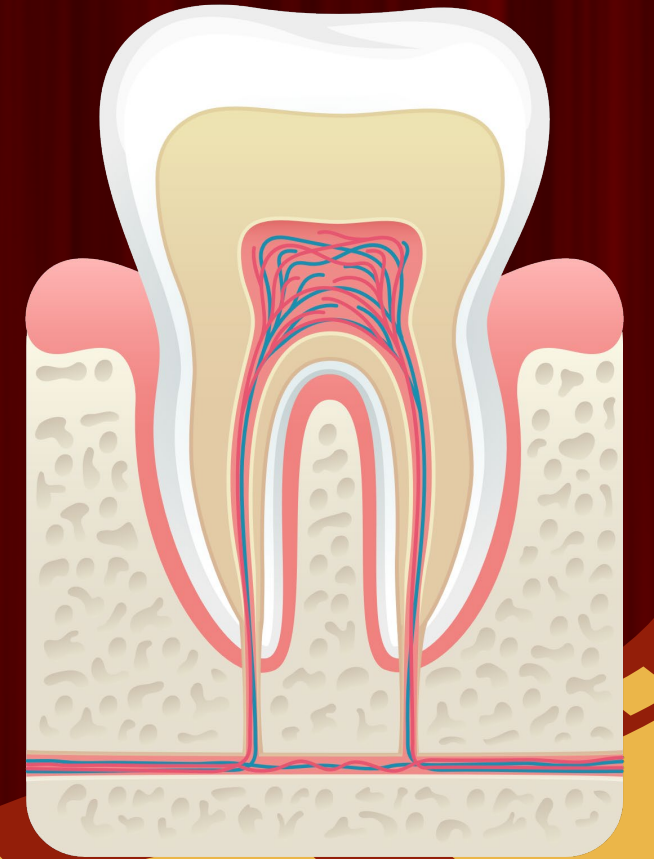


Dasani



Round 2

Cavities start in acidic environments.
Enamel starts to break down at pH below 5.5, but dentin starts to break down at 6.7.



★ ★ ★
Dasani 5.6

★ ★ ★
Aquafina 6.0

★ ★ ★
Pure Life 7.3

★ ★ ★
Fiji 7.6

Round 2

Which behavior is safer for your teeth?



Sipping one soda and one
lemon water a little at a
time all day



Chugging two sodas at
dinner with a straw

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Do the “bad guys” always look like bad guys?



Nope! Sometimes they are sneaky!





Round 3

True or False

Lightning Round!

Round 3

Humans have 32 adult teeth
and 20 baby teeth.

Round 3

40% of Americans age 75 or older
have lost all of their teeth

Round 3

42% of Americans
over the age of 30 have
periodontal disease or “gum” disease.

Round 3

The most common childhood disease
is tooth decay.

Round 3

The first toothpaste brand, Colgate,
began selling toothpaste in 1873.

Round 3

Research does not indicate that the HbA1C (a measure of blood glucose) decreases after treatment of periodontal disease.

Round 3

Dental enamel is unable to heal itself
because the cells that make enamel
go away before the teeth break through the gums.

Answers

- 1.True
- 2.False - 20% of Americans over age 75 have no remaining teeth
- 3.True
- 4.True
- 5.True
- 6.False - a 2022 systemic review found that A1C values decrease by about 0.5 after treatment
- 7.True