

# Watch Your Mouth Contest

*Fact or Fiction*

1. You should only visit the dentist if you're having problems with your teeth. **Fact**  **Fiction**
2. Flossing helps to remove plaque and bacteria under the gumline and between your teeth that you can't reach with your toothbrush. **Fact**  **Fiction**
3. Gum disease is not linked to other health conditions such as heart disease and stroke, respiratory disease, and diabetes. **Fact**  **Fiction**
4. Family members can transmit cavity-causing bacteria to children, so it's best to avoid sharing toothbrushes, eating utensils, and cups. **Fact**  **Fiction**
5. Even though an infant may not have teeth yet, the risk of developing cavities in future teeth is increased if their bottle contains juice or milk. **Fact**  **Fiction**
6. Tobacco use and drinking moderate to high amounts of alcohol don't raise the risk of oral cancer. **Fact**  **Fiction**
7. You should replace your toothbrush every three to four months or earlier if the bristles look worn or bent. **Fact**  **Fiction**
8. Chewing sugarless gum will prevent cavities. **Fact**  **Fiction**
9. Fluoride helps to prevent cavities by protecting your teeth from bacteria that may cause decay. **Fact**  **Fiction**
10. Adults should use a pea-sized amount of toothpaste when brushing their teeth. **Fact**  **Fiction**

**Read** the *Watch your Mouth* newsletter and personal health guide to learn about oral health. Then, mark the statements to the left, **Fact** or **Fiction** based on what you read.

*Submit for a chance to win!*

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Email: \_\_\_\_\_