

Preventive and community dentistry

1. Compared to waxed dental floss, un waxed floss -----.
 - a. Is of a smaller diameter and thus more easily passes through inter proximal contacts.
 - b. Flattens out under tension and thus each separate thread effectively covers a large surface area.
 - c. All of the above.
 - d. None of the above.

2. A white coating, composed of microorganisms, dead epithelial cells and leukocytes, that is loosely adherent to the tooth and can be removed by water spray or rinsing, is -----.
 - a. Microbial plaque.
 - b. Materia alba.
 - c. Calculus.
 - d. Acquired pellicle.

3. The brushing method which provides good interproximal and gingival cleaning, good gingival stimulation, and requires moderate dexterity, is the -----.
 - a. Physiologic method.
 - b. Roll method.
 - c. Intrasulcular method.
 - d. Stillman's method.

4. The brushing method in which the brush has very short back and forth vibratory motions, with bristle ends remaining in the gingival sulcus, is the -----.

- a. Charter's method.
 - b. Bass method.
 - c. Physiologic method.
 - d. Fone's method.
5. Flossing should be done at least -----.
- a. Once daily.
 - b. Every alternate day.
 - c. Once weekly.
 - d. After every meal.
6. Which of the following agents is capable of effectively removing dental plaque -----.
- a. Chewing gum or bubble gum.
 - b. Water irrigation devices.
 - c. Mouth rinses.
 - d. None of the above.
7. 0.2% sodium fluoride mouth rinses are recommended for use -----
-----.
- a. Daily.
 - b. Once weekly.
 - c. Twice daily.
 - d. Once monthly.
8. Dental plaque is not necessary for the initiation of -----.
- a. Pit and fissure caries.
 - b. Proximal caries.
 - c. Smooth surface caries.
 - d. Labial surface caries.

9. Which of the following sugars is least carcinogenic -----.
- Glucose.
 - Xylitol.
 - Fructose.
 - Galactose.
10. Pit and fissure caries can be best prevented by -----.
- The use of adhesive sealants.
 - Topical fluoride application.
 - Diet control.
 - Effective plaque control.
11. How much time does bacterial plaque take to produce acids, following the consumption of sugar -----.
- 20 minutes.
 - Few minutes.
 - Seconds.
 - 2-3 hours.
12. Which of the following methods of tooth brushing is never recommended -----.
- Bass.
 - Intrasulcular.
 - Roll.
 - Side to side.
13. The best age for the application of pit and fissure sealants, in children is -----.
- 10-16 years.

- b. 6-12 years.
- c. 4-7 years.
- d. 2-5 years.

14. Ethics can be best defined as -----.

- a. A set of rules to be followed by a profession.
- b. A code of conduct which the members of an association are expected to follow.
- c. A set of unwritten rules and guidelines.
- d. The science of mortal duty.

15. The most important factors in the selection of toothbrush of a patient is -----.

- a. Angle of the head.
- b. Condition of the patient's gingival.
- c. Oral health needs of the patient.
- d. Approval of a professional body.

16. Where should the assistant's feet be during any operative procedure when four handed dentistry is being practiced -----.

- a. On the suction control.
- b. On the stool support.
- c. On the floor.
- d. Anywhere.

17. The carcinogenicity of a patient's diet depends on the -----.

- a. Frequency of consumption.
- b. Type of carbohydrate consumed.
- c. Carbohydrate content of the diet.
- d. All of the above.

18. The toothbrush recommended for plaque control should have -----
-----.
- a. Rounded ended, natural bristles.
 - b. Hard textured, nylon bristles.
 - c. Soft textured, nylon bristles.
 - d. Medium textured, straight ended nylon bristles.
19. Which of the following is least important in a caries control program -----.
- a. Fluoridation of community water supplies.
 - b. Early detection and treatment.
 - c. Regular use of a fluoride dentifrice.
 - d. Routine and thorough oral prophylaxis.
20. Teeth of a preschool child should be brushed -----.
- a. By a dental auxiliary or a nurse.
 - b. By the child himself.
 - c. By the parents.
 - d. By the dentist.
21. A distinct advantage of the Bass method of tooth brushing, is that, it -----.
- a. Removes more plaque.
 - b. Provides gingival stimulation.
 - c. Is easy to perform.
 - d. Requires less time.

22. The brushing method in which the bristles are placed perpendicular to the tooth surface, is the -----.
- Charter's method.
 - Stillman's method.
 - Fone's method.
 - Roll method.
23. The most effective means of reducing dental caries in a community by using topical fluoride is -----.
- Fluoridation of the community water supply.
 - Routine topical fluoride application to all children in public schools.
 - Routine topical fluoride application by local dentists and dental auxiliaries.
 - Giving each family with children fluoride tablets to be dissolved in the children's drinking water.
24. Primary prevention refers to those measures taken to -----.
- Prevents disease before evidence of its occurrence is detected.
 - Prevents incipient disease from progressing to destructive activity.
 - Focus priority on those practices which minimize the loss of teeth.
 - Ensure emphasis on prevention in all dental treatment at any time.
25. Assuming that community water fluoridation is not available, the most effective means of decreasing caries for specific 5 years old child is probably -----.
- Topical use of 1.23% acidulated phosphate fluoride twice a year.
 - Sodium fluoride tablets, 2.2mg daily.
 - Daily use of fluoride containing tooth paste.
 - Weekly use of a fluoride containing tooth paste.

26. The optimal amount of fluoride for public drinking water of most communities is -----ppm.
- a. 0.7.
 - b. 0.8.
 - c. 1.0.
 - d. 2.0.
27. Which of the following complicates flossing by the patient -----
-----.
- a. Carious root surface.
 - b. Solder joints in fixed prostheses.
 - c. Rough or sharp interdental restoration.
 - d. All the above.
28. Frequent brushing helps to prevent calculus formation by -----
-----.
- a. Neutralizing local acidity.
 - b. Breaking up the matrix of plaque.
 - d. Removing food particles on teeth and interproximal areas.
 - e. All of the above.
29. Brushing with hard multi bristled tooth brush could cause -----
-----.
- a. Cervical erosion.
 - b. Facial clefts.
 - c. Gingival recession.
 - d. Cervical abrasion.