

**HOW OFTEN SHOULD YOU VISIT THE
DENTIST?
TAKE THIS QUICK QUIZ TO FIND OUT!"**



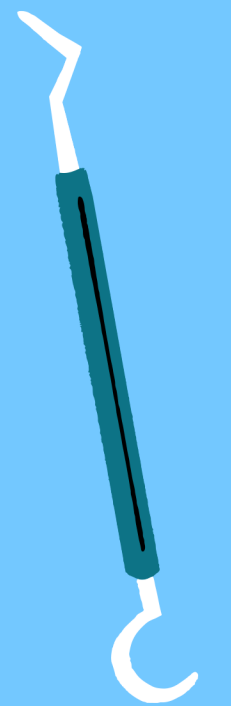
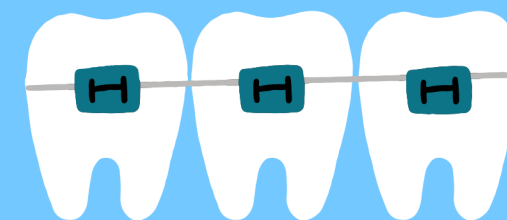
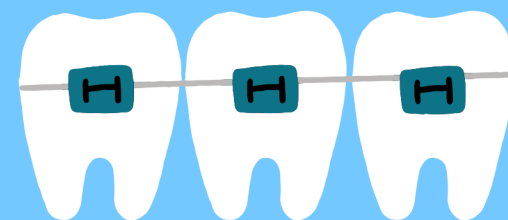
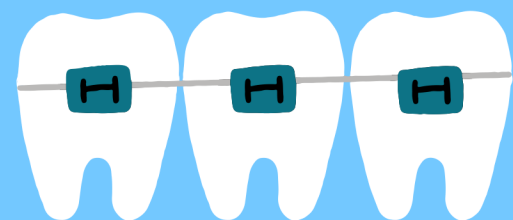
HOW OFTEN DO YOU BRUSH YOUR TEETH?

a) Twice a day or more

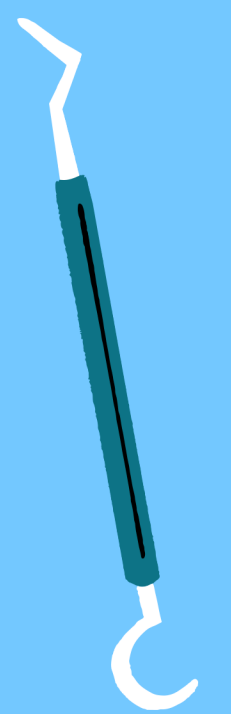
b) Once a day

c) A few times a week

d) Rarely



HOW OFTEN DO YOU FLOSS?

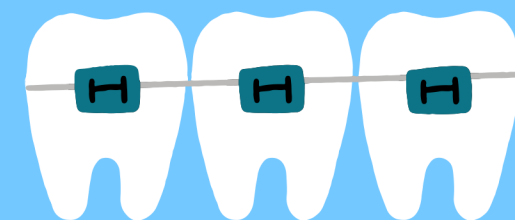
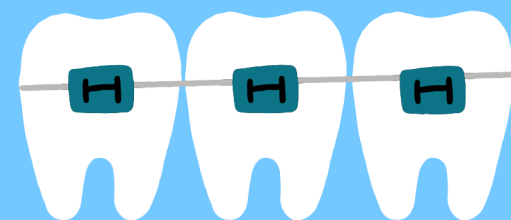
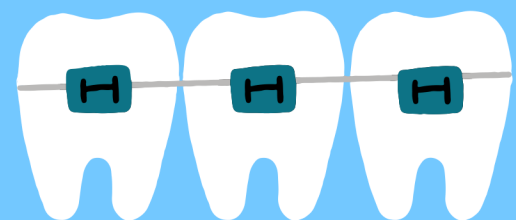


a) Daily

b) A few times a week

c) Occasionally

d) Never



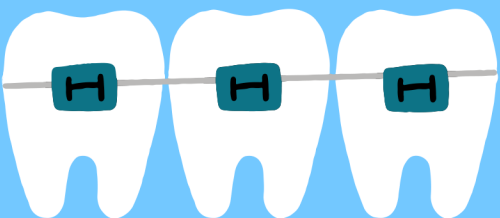
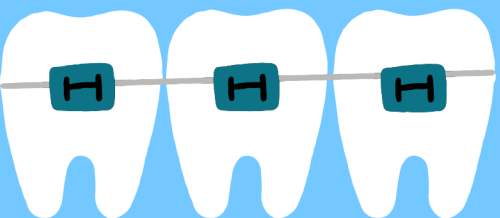
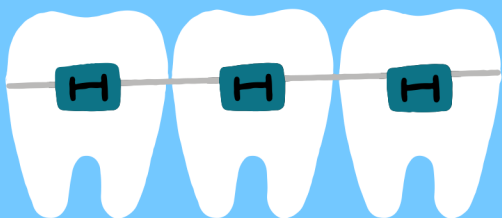
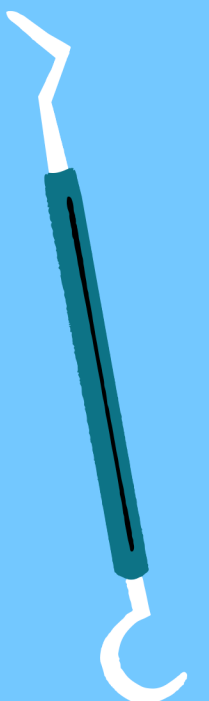
DO YOU EXPERIENCE ANY OF THE FOLLOWING DENTAL ISSUES? (SELECT ALL THAT APPLY)

a) Bleeding gums

b) Tooth pain

c) Bad breath

d) None of the above



DO YOU SMOKE OR USE TOBACCO PRODUCTS?

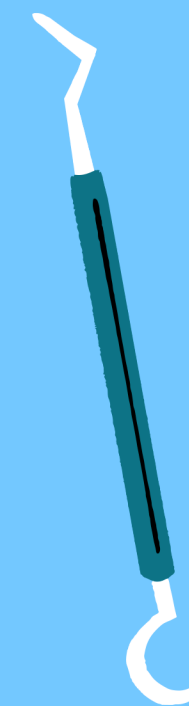
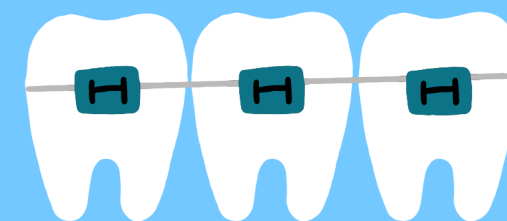
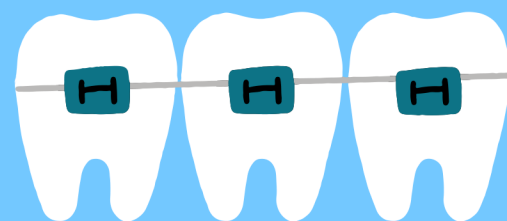
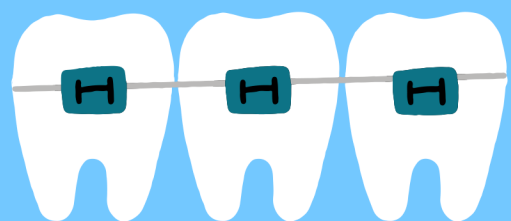
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a) No, never

b) Occasionally

c) Frequently

d) Yes, daily



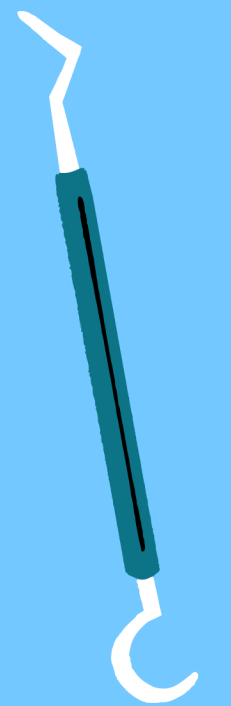
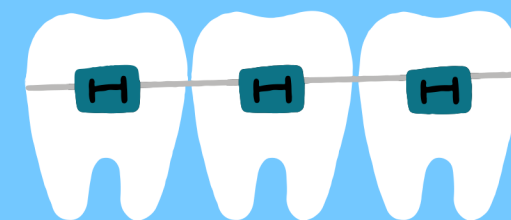
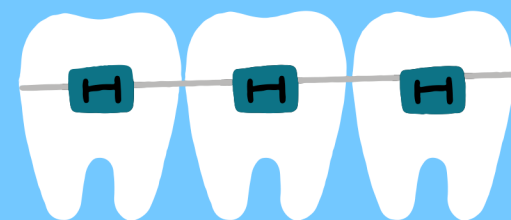
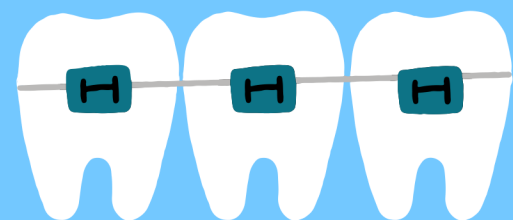
HOW OFTEN DO YOU CONSUME SUGARY FOODS OR DRINKS?

a) Rarely

b) Occasionally

c) Frequently

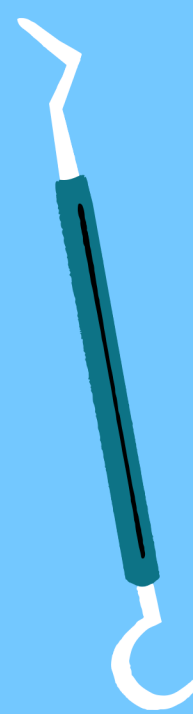
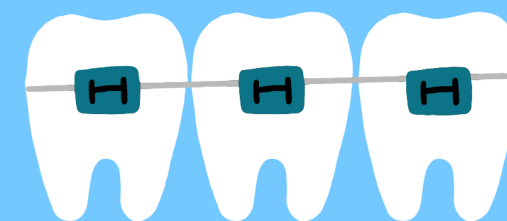
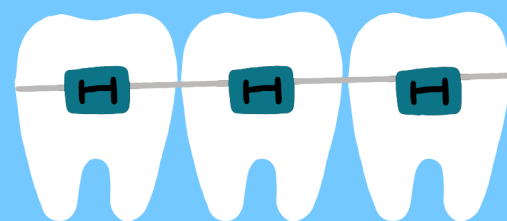
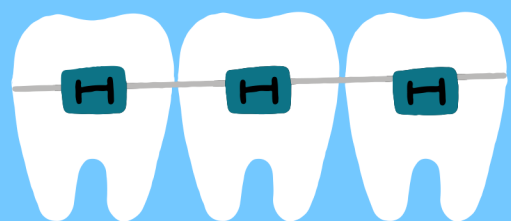
d) Daily



DO YOU HAVE ANY CHRONIC HEALTH CONDITIONS (E.G., DIABETES, HEART DISEASE)?

a) No

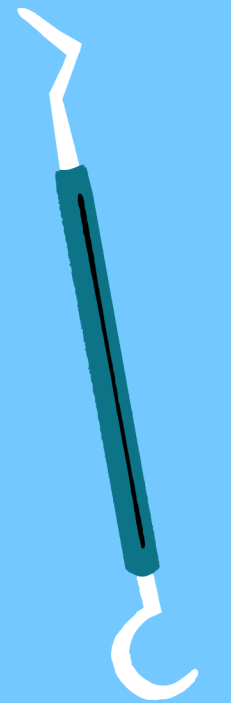
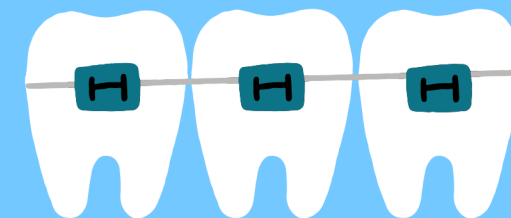
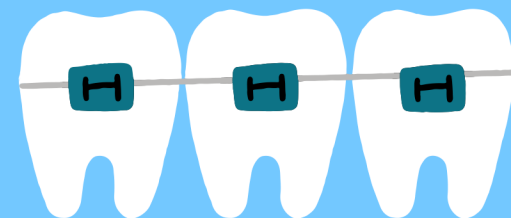
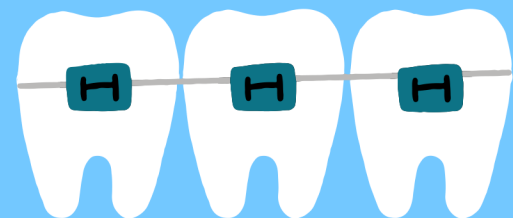
b) Yes



HAVE YOU HAD ANY MAJOR DENTAL WORK DONE IN THE PAST YEAR (E.G., FILLINGS, CROWNS, ROOT CANALS)?

a) No

b) Yes



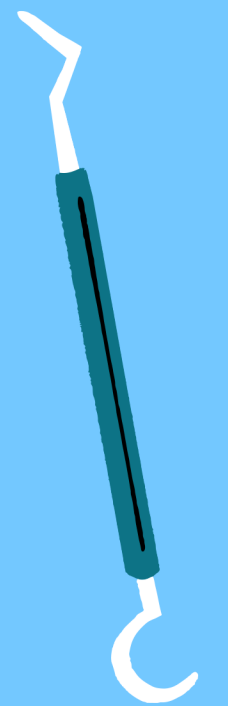
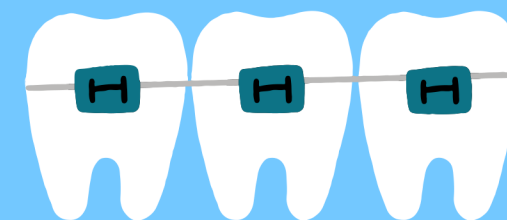
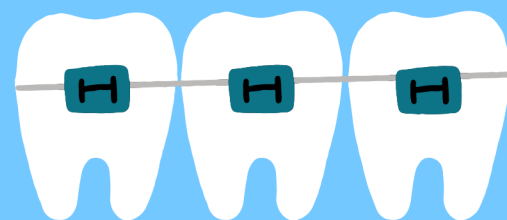
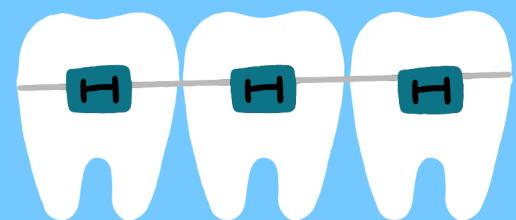
HOW OFTEN DO YOU VISIT THE DENTIST CURRENTLY?

a) Every 6 months

b) Once a year

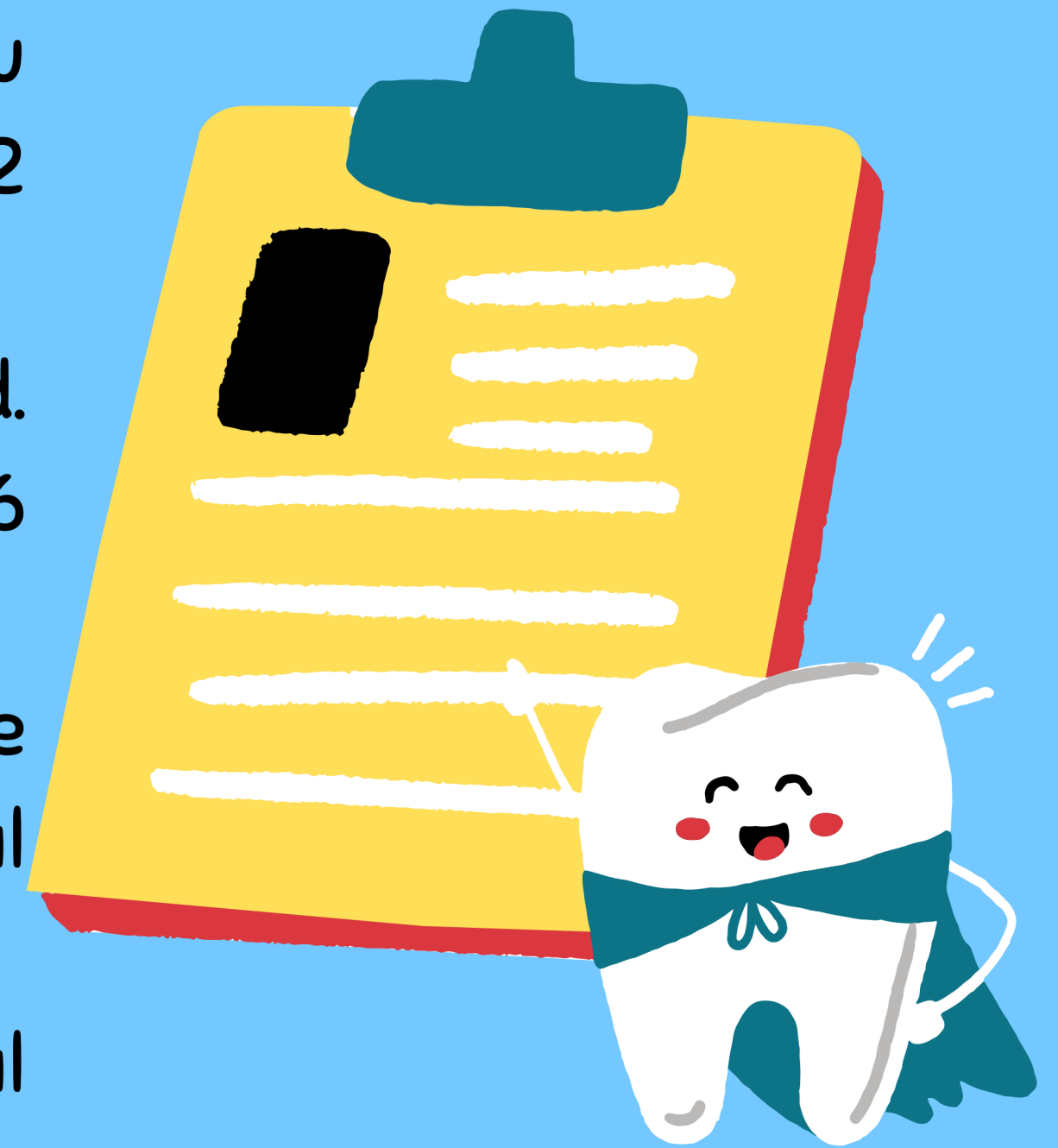
c) Less than once a year

d) Only when there is a problem



SCORING AND RECOMMENDATIONS

- Mostly A's: You have excellent dental habits. You should schedule dental checkups every 6-12 months.
- Mostly B's: Your dental habits are generally good. You should schedule dental checkups every 6 months.
- Mostly C's: Your dental habits could use improvement. Consider scheduling dental checkups every 3-6 months.
- Mostly D's: You may be at high risk for dental issues. It's important to schedule dental checkups every 3 months.



ADDITIONAL CONSIDERATIONS:

- If you experience any ongoing dental issues (bleeding gums, tooth pain, bad breath), you should see a dentist more frequently regardless of your quiz score.
- If you have chronic health conditions or have had major dental work recently, it's important to discuss your checkup frequency with your dentist, as you may need more frequent visits.

NOTE:

- This quiz is a general guideline and does not replace professional dental advice. Always consult with your dentist to determine the best schedule for your dental checkups based on your specific needs.



**THANK
YOU**



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