

EP. 52 Pop Quiz

We've released 51 episodes so far! We thought it would be fun to do a pop quiz to see how much you've learned from previous episodes.

What percentage of people polled say they trust their dental hygienist and their hygienist's recommendations?

- a) 25%
- b) 54%
- c) 81%
- d) 99%

81%-- Since we are trusted by our patients, it is our obligation to make recommendations according to their needs and not according to what their insurance will pay for.

What percentage of patients have untreated decay?

- a) 10%
- b) 33%
- c) 50%
- d) 100%

33%-- while that number seems low, it was done on patients who actually go to dental appointments. What are we doing to reduce decay rates in the patients who are coming to our offices?

Which of the following are risk factors for decay?

- a) Areas of recession
- b) Dry mouth
- c) Patient with perio
- d) GERD (gastroesophageal reflux disease)
- e) All of the above

All of the above and a large number more. Be sure to show your patients what makes them individually susceptible to decay with x-rays, intra-oral camera pictures, hand mirror, etc. Then offer them a solution.

EP. 52 Pop Quiz *(cont'd)*

According to the ADA, which is considered a patient at Moderate Risk for decay?

- a) One or two lesions within the last 2 years
- b) Six or more risk factors
- c) A patient who has never had decay

Just one or two lesions are considered moderate risk for more decay, and the ADA recommends a professional fluoride varnish every six months. There's not a lot of difference between moderate and high risk (xerostomia, 3 or more lesions, multiple risk factors) but either way, it's up to us to show them what they need.

Which is most acidic?

- a) Dasani Bottled water
- b) Gatorade
- c) Pepsi

This is probably easy, and yes it's Pepsi, but it is only slightly less acidic than gastric juices. Be sure to review the Medical History and look for signs of erosion in the mouth. Interview the patient to determine their habits and/or conditions and treat accordingly.

On what patients should an oral cancer screening be done?

- a) 40-60 year olds who smoke and consume alcohol
- b) Only men
- c) Anyone 18 years or older
- d) Only patients who specifically ask
- e) All of the above

We know that oral cancer cases are on the rise, and thanks to the Human Papilloma Virus, it is being seen more often in younger people and women. (I was recently in a pediatric dental office and the dentist told me she had found suspicious lesions in at least 3 of her young patients.) There should always be an oral and tactile exam on every patient, but there is also great technology that you can use to supplement the exam. (Velscope, Oral ID) Add this to your SOC and do something.

EP. 52 Pop Quiz *(cont'd)*

When should an occlusal guard be recommended?

- a) When a patient mentions they might be grinding their teeth.
- b) When a patient mentions waking up with headaches
- c) In conjunction with cosmetic work
- d) When you notice wear facets during the exam
- e) All of the above.

This answer would be "all of the above". An Occlusal Guard is one of the smallest investments one can make to protect their large investment. If you have a patient who is having crowns done because they have worn down their teeth because of bruxism, how long will it take them to crack or chip their new crown, then blame your office for it breaking? Consider addressing this at the treatment planning stage and add it to the treatment plan.

Take this quiz to your next hygiene meeting and test the knowledge of your hygiene team!