

1. **True or false:** The University of Minnesota School of Dentistry is the state's only dental school, and the only dental school in the northern tier of states between Wisconsin and the Pacific Northwest.
2. **Which of the following statements is NOT true?**
 - a) We need good oral health in order to speak clearly & to be understood, chew & digest our food, and to breath & sleep well.
 - b) Clues to systemic disease are often seen first in the mouth, including symptoms of HIV, leukemia, Crohns disease, acid reflux, bulimia & anorexia, and diabetes.
 - c) Oral disease has been linked to serious general health issues such as chronic obstructive pulmonary disease (COPD), diabetes, nutritional deficiencies, and heart disease.
 - d) Your wisdom teeth make you smarter.
3. **True or false:** On average, there are 9-10 teaspoons of sugar in a 12-ounce can of pop.
4. **True or false:** When sugar (in our food or drink) interacts with naturally occurring bacteria in the mouth, it produces an acid that attacks the teeth. The acid attack lasts for about 20 minutes and stops. The acid attack begins over again with every exposure to sugar.
5. **True or false:** Dry mouth—a condition caused by decreased salivary function—can be caused by many commonly prescribed medications & treatments, including those used to treat depression, anxiety, cancer, pain, allergies and colds.
6. **Saliva is important because it:** (a) Keeps your mouth moist & comfortable; (b) Helps you chew, taste, swallow & speak clearly c) fights germs & prevents bad breath; d) Has proteins & minerals that protect tooth enamel and prevent cavities and gum disease; e) all of the above.
7. **True or False: At the University of Minnesota Dental Clinics...**
 - T F ... patient clinics are open to the public (both children and adults).
 - T F ... qualified students treat patients under faculty supervision.
 - T F ... clinic fees are reduced up to 30% to reflect the student-status of the caregiver.
 - T F ... patient clinics accept most insurance plans, cash, credit cards, MA and MinnesotaCare.
 - T F ... all patient services are available under one roof — teeth cleaning, check-ups, fillings, braces, crowns, treatment of gum disease, wisdom teeth extraction, root canals, TMJ care, dental implants, and more.
 - T F ... patients receive an oral cancer screening as part of a routine dental examination.
8. **True or False:** School of Dentistry researchers....
 - T F ... are helping to make water safe by developing a way to make biofilm 'slippery' so that it doesn't stick to your teeth or to the pipes and tubes that bring us clean water.
 - T F ... develop & test dental materials used throughout the state and around the world.
 - T F ... are investigating a new drug target for treating HIV that will speed up the viral mutations and cause HIV to wear itself out.
 - T F ... study the body's pain mechanisms & pathways, including those related to trigeminal neuralgia, sickle cell anemia, and multiple sclerosis.
 - T F ... developed a novel coating for titanium used in implants (dental, hip, etc.) that kills bacteria & prevents biofilm buildup and infection.

1. **TRUE!** We are the region's only dental school. We educate general dentists, dental specialists, dental therapists, dental hygienists, dental educators and research scientists. As such, we are a resource to five states for dental education, consulting services, patient treatment, and ongoing continuing dental education. (Yellow dots indicate location of a dental school).



2. **(D) is not correct.** Your wisdom teeth do not make you smarter.
3. **True.** Most pop contains sugar and the amount is indicated on the label. 4.2 grams of sugar = 1 tsp. Don't forget to multiply by the number of servings in the bottle or can.
39 grams = 9.3 tsp sugar/serving.
4. **True.** The acid attack will weaken the tooth enamel and make it vulnerable to decay. So, limit *how long* your teeth are exposed to sugar. Avoid ongoing sipping or snacking on sweetened liquids, use water only in baby bottles and sippy cups at bed time and nap times, be careful about hard candies that dissolve in your mouth and sugary foods that stick to your teeth (e.g. raisins, caramels, etc.)
Note: Diet pop doesn't have sugar but it contains its own acid.
5. **True.** There are more than 400 commonly prescribed medications that can affect the oral cavity and cause dry mouth.
6. **E is correct.**
7. **All answers are true.**
8. **All answers are true.** The School of Dentistry is a research leader in virology, biomaterials, the mechanisms of pain, bone development, and in the relationship between oral and general health.

Nutrition Facts

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Serving Size: 1 Can

Amount Per Serving

Calories 140

% Daily Value

Total Fat 0g 0%

Sodium 45mg 2%

Total Carb. 39g 13%

Sugars 39g

Protein 0g



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