

Dental Health in Teens: Mouth Guards

10 Question Quiz

1. What kind of activity causes the greatest percentage of dental traumatic injuries in teens?
A. Eating
B. Driving
C. Sporting events
D. None of the above
2. Young men are 2-3 times more likely to suffer traumatic tooth injuries than women.
A. True
B. False
3. Which of the following are the sports that cause the highest number of dental injuries?
A. Basketball
B. Biking
C. Hockey
D. All of the above
4. Which protective equipment reduces your risk of dental injuries?
A. Knee and elbow pads
B. Shoulder pads
C. Mouth guards
D. All of the above
5. What types of sports have the most potential to cause dental injuries?
A. Strategy sports (card games, pinball, etc.)
B. Limited contact sports (running, swimming, etc.)
C. Strength sports (weightlifting, etc.)
D. Full contact sports (football, hockey, etc.)
6. Athletes are _____ times more likely to suffer damage to their teeth when not wearing a mouth guard.
A. 2
B. 10
C. 60
D. 100
7. Use of mouth guards reduce the risk of sustaining a concussion by:
A. 10%
B. 20%
C. 50%
D. None of the above
8. What is the most important thing to check when getting a mouth guard?
A. That it is in your favorite color
B. That it fits properly
C. Easy to wear
D. A and C
9. All of the following are steps to keep your mouth guard clean, EXCEPT:
A. Wash in cold water after use
B. Use a soft toothbrush to clean it
C. Store in protective case
D. Keep with your dirty sports gear
10. Which of the following is/are critical action(s) if a tooth is knocked out?
A. Do not touch the root of the tooth
B. Visit the dentist or emergency room immediately
C. Place tooth in milk or water
D. All of the above