

1. What is the name of resources to find further details on oral health?

1. YouTube Teethforlife
2. care4teeth.net
3. DentalHealthService.co.uk

1. No, I often make this mistake. At the time when I made the dental app for my patients people used to put numeral into titles. The app is called Teeth4life and may still be available on the App Store. It was on Google play. I hope to make a new one called DHS.
2. No. The website I made following my dad's progressing dementia was to support carers and as it made no money, and it was very successful in this aim it was called care4teeth.org as it wasn't a business. I will close it in the next year and integrated into dentalhealthservice.net.
3. YES and NO. I bought the domain dentalhealthservice.co.uk awhile back, and was going to use it with some prospective partners. While I was waiting for them, I made a test site called dentalhealthservice.net. So ultimately I'll use both domains just one site

Does disclosing indicate

1. Active tooth decay
 2. Active gum disease
 3. Your general health
1. NO. It just indicates the likelihood of having tooth decay. Probably best to play safe as you unlikely to get tooth decay if you keep your oral microbiome healthy, that is remove the all the plaque indicated when you disclose your teeth.
 2. NO. It just indicates the likelihood of having gum disease. Probably best to play safe as you unlikely to get periodontitis (gum disease) if you keep your oral microbiome healthy, that is remove the all the plaque indicated when you disclose your teeth.
 3. NO. However people have very low plaque scores tend to be more healthy. When reach church is carried out it's difficult to know. As generally people who are meticulous and keeping the mouth clean to also pay attention to the diet and go to the gym to keep fit. It's probably best to place safe, and do all three.

Regarding the SMIFF TEST

1. Who invented it?
2. Where can you get the test?
3. Who can score it?

Who invented the SMIFF Test?

The SMIFF Test was developed by the individual behind the video and the resources mentioned within it. This person, willing to sacrifice his golf handicap and tennis performance, was determined not to give up skiing.

Where can you get the test

The best place to perform the SMIFF Test is in your bathroom using an interdental brush. For a more accurate assessment, it's also recommended that you visit your dentist and ask for your Basic Periodontal Examination (BPE). For more information on using an interdental brush and understanding the BPE, simply search these terms on our YouTube channel or this website.

3. Who can score the SMIFF Test?

You can score the SMIFF Test using your interdental brush. Simply go between all of your teeth and wipe the brush on a tissue after cleaning each gap. Note the number of bleeding sites and aim to reduce them through more thorough cleaning. Avoid using mouthwash, as it only masks the disease rather than addressing its underlying issues.