

From the video there are five questions,

1. What year did I qualify as a dentist?

a)1959, b)1982, c)2020

Response

- A) wrong- it was the year I was born
- B) correct-I qualified in Cardiff with BDS Batchelor of dental surgery
- C) wrong- it was the year I stopped to try and promote my vision

2. What was the prevention video on

- A) cancer
- B) diabetes
- C) erectile dysfunction

3. The person cleaning his teeth was using

- A) A sonic power brush
- B) A manual brush
- C) An interdental brush

Response

No. There are number of ultrasonic brushes available, as well as oscillating rotational power bushes, which generally have two minute timers that as they monitor the two minutes are generally advised for adult teeth.

Yes. A correctly used manual brush is as effective as a power brush.

No. But as we get older we recommend using an interdental brush one a day for a minute, and may well be the most effective brush in maintaining healthy gums.

4. What is the service we are promoting free at the point of contact?

- A) DentalHealthService
- B) A Health Service
- C) A Dental Service

Response

Yes. It is currently a .net website based on promoting health through dental prevention advice.

No. Dentistry should be central in an integrated health service

No. One could argue the term implies treatment, which we are trying to prevent.

5. Which of these activities can you do when cleaning your teeth?

- A) Yoga
- B) listen to music
- C) watch a video on your phone

Yes. Regular slow breaths timed by the power brush for mindfulness, while balancing on one leg.

No. The noise, especially of a power brush tends to block it out.

Yes. Either catch up on the news, or watch a two minute health microhabit.

