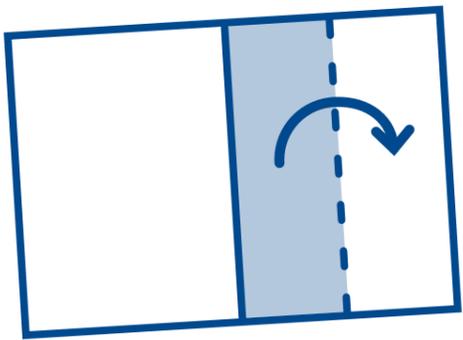


Step 1:

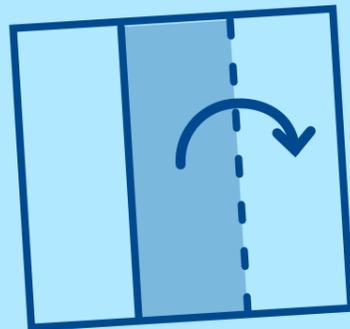
Look at the list opposite, and tick yes or no to record if you thought each element was connected to mouth health or not. If you don't remember what you said last time, you can pick again.



Step 3:

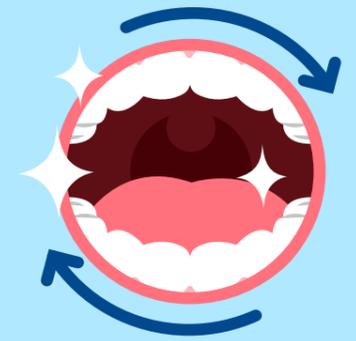
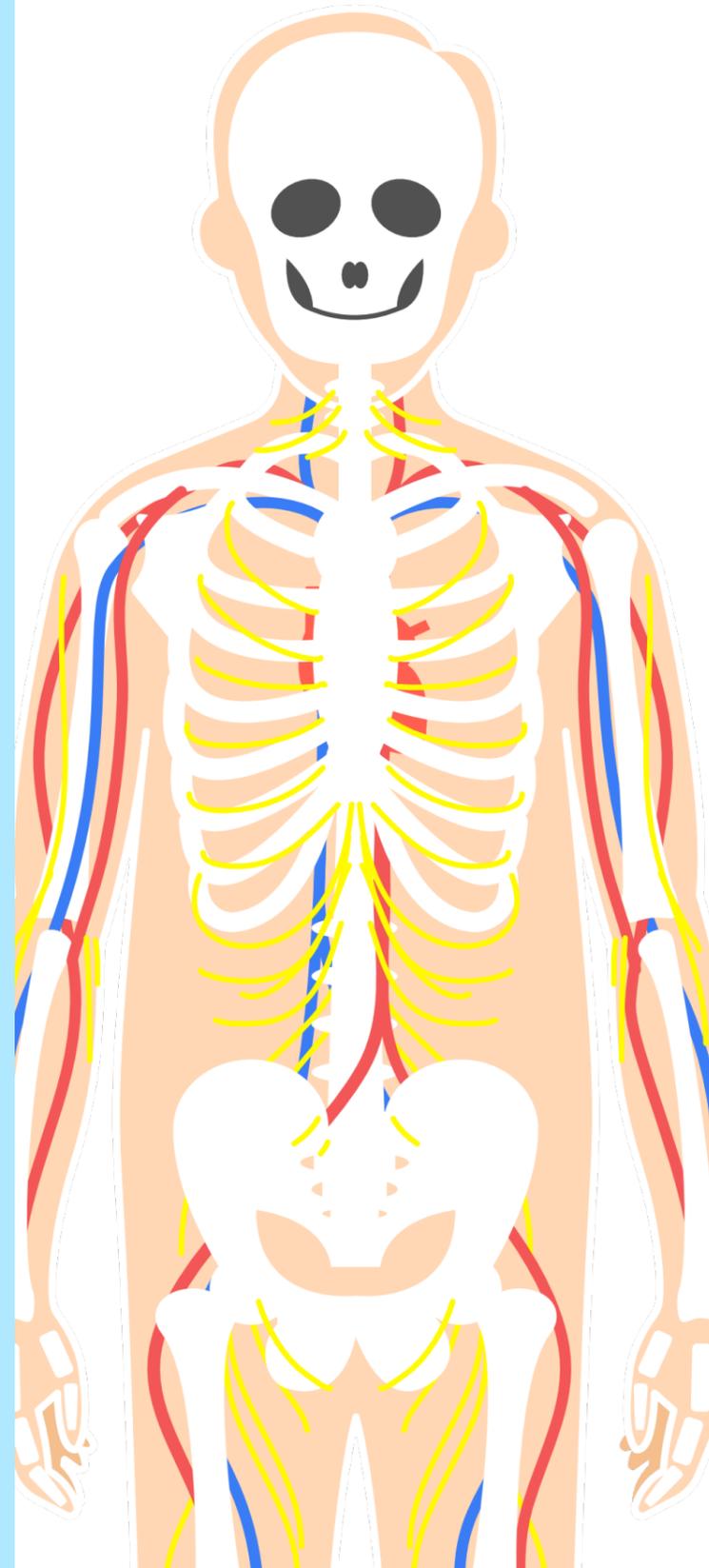
Once you've looked at what others' said, open this flap to see what our dental experts said.

Think about which facts are interesting or surprise you, and use the tick boxes to let us know.



Step 2:

Once you've completed Step 1, open this flap to look at the answers from everyone who completed workbook 1. Compare your answers and think about whether anything surprises you.



WHOLE MOUTH HEALTH

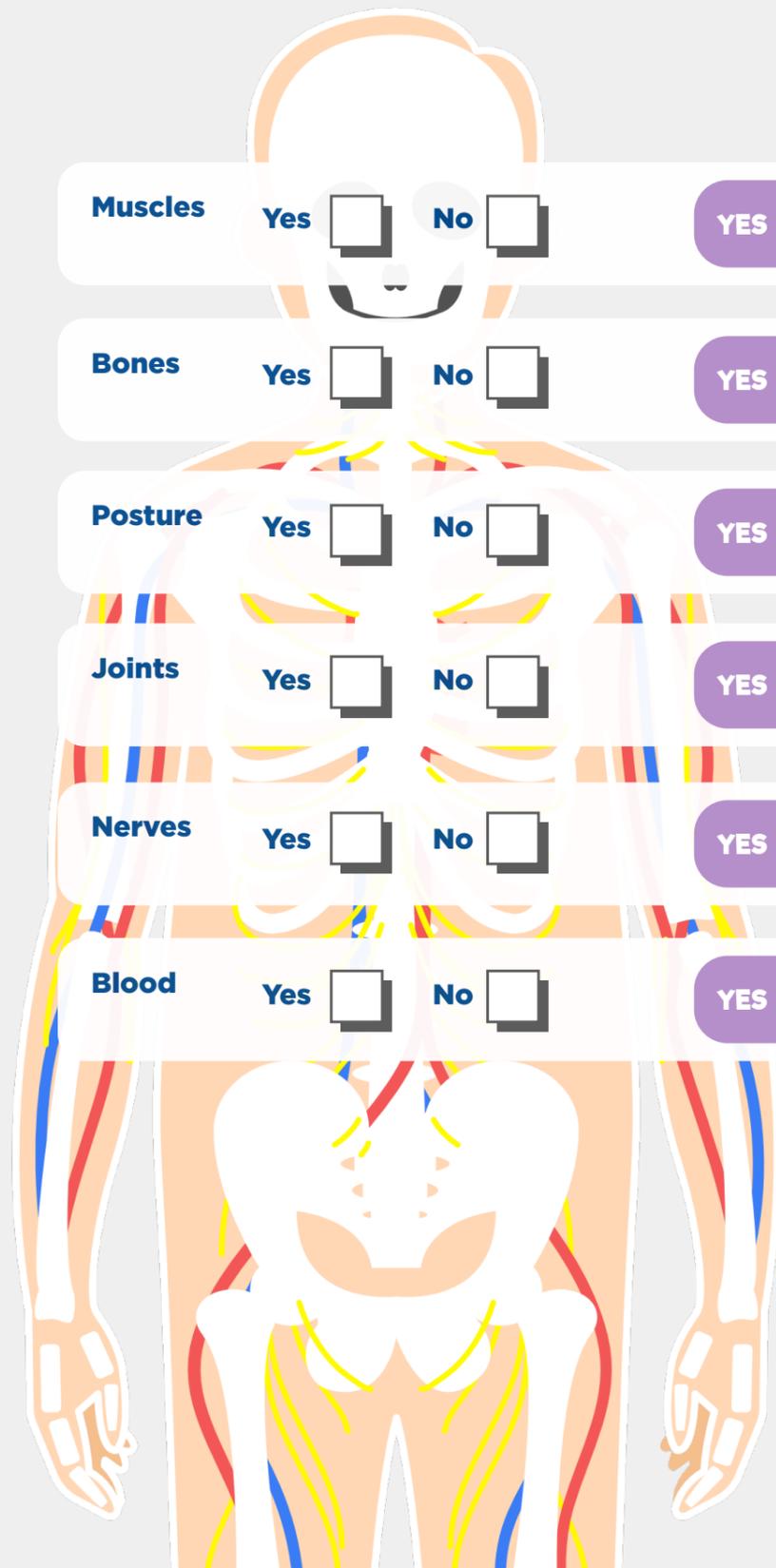
QUIZ PACK #3 Body Systems

Step 1: Look at the list below, and tick yes or no to record if you thought each element was connected to mouth health or not. If you don't remember what you said last time, you can pick again.

Step 2: Look at what everyone who completed workbook 1 said and compare your answer.

Step 3: Look at what our dental experts have said. Tick the 'interesting' or 'surprised' box if you think this is something more people should know. We'll use what you tick to guide the development of this as an activity in the next stage of the project.

Example



Muscles	Yes <input type="checkbox"/>	No <input type="checkbox"/>	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Bones	Yes <input type="checkbox"/>	No <input type="checkbox"/>	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Posture	Yes <input type="checkbox"/>	No <input type="checkbox"/>	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Joints	Yes <input type="checkbox"/>	No <input type="checkbox"/>	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Nerves	Yes <input type="checkbox"/>	No <input type="checkbox"/>	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Blood	Yes <input type="checkbox"/>	No <input type="checkbox"/>	YES <input type="checkbox"/>	NO <input type="checkbox"/>

Muscles — Yes. Bad mouth habits like clenching and grinding can cause muscular issues including the very painful TMJ syndrome.

Bones — Maybe. Your teeth (which look like bones but are not) connect to your jaw bone and can cause damage when extracted. Poor bone health, particularly osteoporosis however, can have a negative impact on your teeth.

Posture — Maybe. This depends how you define posture, but malocclusion (misalignment of the jaw) can be caused by poor oral health behaviours like clenching and teeth grinding.

Joints — Maybe. Rheumatoid arthritis can lead to poor mouth health, and TMJ syndrome can be caused by poor mouth health.

Nerves — Maybe. Some experts suggest swelling can lead to nerve problems, and in extreme cases mouth infections can spread into nerves.

Blood — Maybe. Some mouth diseases and bacteria can spread from the mouth into the bloodstream.

	Surprised!	Interesting
Muscles	<input type="checkbox"/>	<input type="checkbox"/>
Bones	<input type="checkbox"/>	<input type="checkbox"/>
Posture	<input type="checkbox"/>	<input type="checkbox"/>
Joints	<input type="checkbox"/>	<input type="checkbox"/>
Nerves	<input type="checkbox"/>	<input type="checkbox"/>
Blood	<input type="checkbox"/>	<input type="checkbox"/>