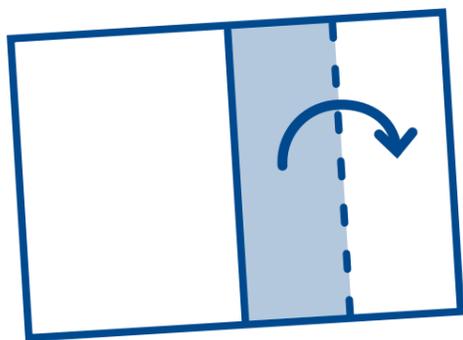


## Step 1:

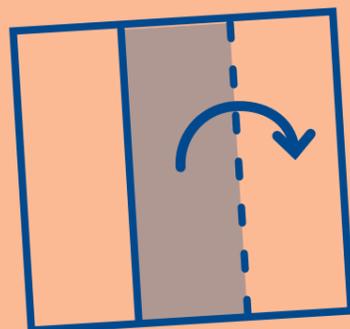
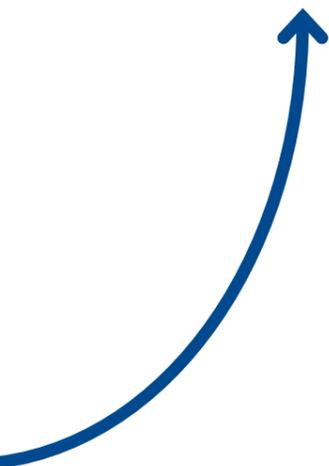
Look at the list opposite, and tick **yes** or **no** to record if you thought each element was connected to **mouth health** or **not**. If you don't remember what you said last time, you can pick again.



## Step 3:

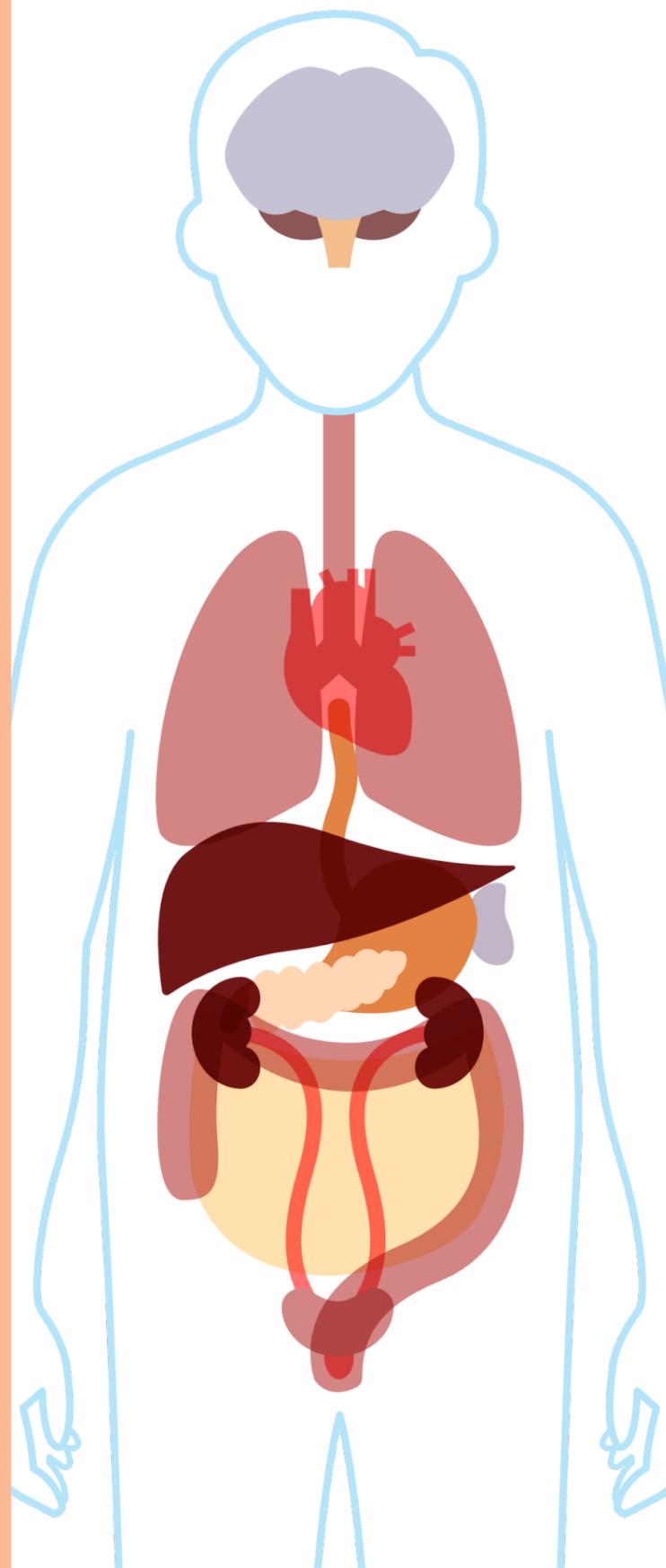
Once you've looked at what others' said, open this flap to see what our dental experts said.

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 #2 Internal Body Features

**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**



**Surprised!**

**Interesting**

**Brain** Yes  No

YES NO

**Brain** — Yes. Severe infections in your mouth can travel into the brain and become life-threatening.

**Lungs** Yes  No

YES NO

**Lungs** — Yes. The air we breathe travels through our mouth and nasal passages, meaning poor mouth health can lead to bacteria being spread down into the lungs.

**Heart** Yes  No

YES NO

**Heart** — Yes. Bacteria from your mouth can travel into your blood and cause issues with your heart.

**Liver** Yes  No

YES NO

**Liver** — Yes. There is some evidence that periodontal disease may be linked with liver cancer, but your liver is also an important part of the digestive system which starts at your mouth.

**Pancreas** Yes  No

YES NO

**Pancreas** — Yes. Like your liver, your pancreas is an important part of the digestive system and is likely to be impacted by your mouth health.

**Stomach** Yes  No

YES NO

**Stomach** — Yes. Being able to chew food properly, as well as having a mouth full of healthy bacteria is important for the good functioning of your stomach.

**Spleen** Yes  No

YES NO

**Spleen** — Maybe. Poor mouth health is associated with inflammation of blood vessels which puts pressure on your spleen.

**Bladder** Yes  No

YES NO

**Bladder** — Maybe. Like the spleen, some experts suggested your bladder might be impacted by general swelling of blood vessels.

**Kidneys** Yes  No

YES NO

**Kidneys** — Maybe. Inflammation caused by gum disease can cause severe problems for people with kidney disease.

**Intestine** Yes  No

YES NO

**Intestine** — Yes. Poorly chewed food can increase your reliance on your intestines for digestion. But, there are also diseases like Crohn's that affect both your intestines and the lining of your mouth.