

# VIBE ACTIVITIES

## Healthy Body – Stop the rot page 26

HEALTHY VIBE

HEALTHY BODY

# Stop the rot

ALL ABOUT HEALTHY GUMS



TEETH AND GUMS -- SHOWING REDDENED AREAS AFFECTED BY GINGIVITIS.

**GUM DISEASE AFFECTS MOST PEOPLE AT SOME TIME DURING THEIR LIFE. IT IS USUALLY CAUSED BY A BUILD-UP OF PLAQUE ON THE TEETH. COMMON TYPES OF GUM DISEASE INCLUDE GINGIVITIS AND PERIODONTITIS. THESE DISEASES ARE SERIOUS INFECTIONS THAT – IF LEFT UNTREATED – CAN LEAD TO TOOTH LOSS AND OTHER INFECTIONS.**

The main cause of gum disease is bacterial plaque, although smoking, stress, diet and other factors can also affect the health of your gums. The main types of gum disease are gingivitis and periodontitis.

**GINGIVITIS**  
Gingivitis occurs when dental plaque builds up on the teeth, particularly where the gum joins the tooth. The signs of gingivitis are bleeding, redness and swelling of the gum.

In the early stage of gingivitis, bacteria in the plaque build-up, causes the gums to become inflamed (red and swollen) and often easily bleed during tooth brushing. Although the gums may be irritated, the teeth are still firmly planted in their sockets.

**PERIODONTITIS**  
When gingivitis is left untreated, it can advance to periodontitis. In a person with periodontitis, the inner layer of the gum and bone pull away from the teeth

and form pockets that collect debris and bacteria that lead to infections.

As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. When this happens, teeth are no longer anchored in place, they become loose and tooth loss occurs. Gum disease, in fact, is the leading cause of tooth loss in adults.

Signs of periodontitis include bleeding, swelling and receding gums, along with bad breath, a bad taste in the mouth and loose teeth.

Because diabetes affects the body's ability to use blood sugar, patients with this disease are at higher risk of developing infections, including periodontitis.

Medications can affect oral health because some lessen the flow of saliva, which has a protective effect on teeth and gums. Bad habits such as smoking make it harder for gum tissue to repair itself.

Poor oral hygiene habits such as not brushing and flossing on a daily basis, make it easier for gingivitis to develop.

**PREVENTING GUM DISEASE**  
Cleaning your teeth everyday can help prevent gum disease. You should clean your teeth carefully every day with a soft, small-headed toothbrush, especially along the gum line where the gum meets the tooth.

The careful use of dental floss between teeth also helps remove plaque. Anti-bacterial mouth rinses can reduce bacteria in the mouth that cause plaque and gum disease.

Smokers are seven times more likely to get gum disease than non-smokers, so stopping smoking will decrease the risk and severity of gum disease.

Reducing stress also helps because stress makes it difficult for the body's immune system to fight off infection. Maintaining a well-balanced diet also bolsters the immune system to fight infection.

Avoid clenching and grinding your teeth as this can put excess force on the supporting tissues of the teeth and increase the rate at which these tissues are destroyed.

**TREATMENT**  
Like many conditions, early intervention to treat gum diseases can ensure the longevity of your teeth, so if you have swollen or bleeding gums or your teeth feel loose, see your dentist.

The dentist will examine your gums with a probe to measure the spaces between the tooth and gum. This will determine the health of your gums and supporting structures. If necessary, the dentist or oral health professional will instruct you in tooth cleaning techniques or may clean your teeth professionally to remove any plaque and calculus (hardened plaque).

It is important to attend a dentist for regular check-up appointments to enable them to monitor your oral health and detect any problems early on.

Smokers are seven times more likely to get gum disease than non-smokers

Read *Stop the rot – all about healthy gum* on page 26

## ACTIVITY 1

### READING FOR MEANING



#### Building reading skills

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

**Literal** The answer is located in one sentence in the text.

**Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

**Applied** The answer is in your background knowledge, what you already know or feel.

#### 1 Gum disease can be caused by

(inferred)

- smoking
- a build-up of plaque on the teeth
- poor diet
- all of these



## 2 What are some signs of gingivitis?

(inferred)

- red and swollen gums
- bleeding when you brush your teeth
- sore gums
- all of these



## 3 When gingivitis is left untreated, it can advance to periodontitis.

(inferred)

- TRUE
- FALSE

## 4 Are diabetics more likely to have gum infections?

(inferred)

- YES
- NO

## 5 List the things you can do every day to cut down the risk of developing gum disease.

(inferred)



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## ACTIVITY 2

### LANGUAGE CONVENTIONS - SPELLING



**1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Gum diseese effects most people at some time in their life.

They are seerious infections.

The mane cause of gum disease is plaque.

**2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

Bleeding, redness and swollen gums are sines of gum disease.

You shoold brush your teeth every day.

If your teeth feel lose, see your dentist.

## ACTIVITY 3

### LANGUAGE CONVENTIONS - GRAMMAR



**1** Which word correctly completes these sentences?

You need to look after your teeth well \_\_\_\_\_ you can prevent gum disease.

- although
- while
- so
- however

## 2 Which word correctly completes these sentences?

\_\_\_\_\_ your teeth every day can prevent gum disease.

- Clean
- Cleans
- Cleaner
- Cleaning



## 3 Which word correctly completes these sentences?

If you are under stress, there will be a \_\_\_\_\_ risk of developing gum disease.

- high
- highest
- highs
- higher

## ACTIVITY 4

### LANGUAGE CONVENTIONS – PUNCTUATION



## 1 Which sentence has the speech marks (“ ”) in the correct place?

- My dentist said, “You are looking after your teeth very well!”
- “My dentist said,” You are looking after your teeth very well!
- My dentist “said,” You are looking after your teeth very well!
- “My dentist said, You are looking after your teeth very well!”

## 2 Which sentence is punctuated correctly?

- Its important to look after your teeth so theyre strong and healthy.
- It's important to look after your' teeth so theyre strong and healthy.
- It's important to look after your teeth so they're strong and healthy.
- Its' important to look after you'r teeth so they're strong and healthy.



## 3 Which punctuation is correct in this sentence?

- Would you like to keep your teeth healthy...
- Would you like to keep your teeth healthy!
- Would you like to keep your teeth healthy?
- Would you like to keep your teeth healthy.

## ACTIVITY 5

### UNSCRAMBLE THESE TEETH WORDS



LQEPAU	
EEIDSAS	
VTIISIGGNI	
GRBUSNIH	
ENDTTSI	