

ENGLISH FOR DENTISTS IN PRACTICE

PART SIXTEEN: BLEEDING GUMS- answers

Complete the pieces of advice with words in brackets. Match questions with answers.

1. Can bleeding gums lead to other problems? ___C___
2. Are bleeding gums in pregnancy normal? ___A___
3. When should I call the dentist? ___B___
4. What can I do to stop my gums bleeding? ___E___
5. Will gum disease harm my baby? ___D___

A. (inflamed / swell)

Having bleeding, sensitive gums (gingivitis) is common in pregnancy. Pregnancy hormones can cause your gums to 1. swell and become 2. inflamed, making them bleed more easily when you brush or clean between your teeth.

B. (check up / straight away / care for)

If your gums are bleeding and feel tender, see a dentist 1. straight away. You don't need to wait until your next 2. check up if you're having a problem.

A dental hygienist should be available to scale and polish your teeth and treat your tender gums. Your dentist can also give you advice about how to 3. care for your teeth.

Remember to tell your dentist that you're pregnant, so you don't have an X-ray unless you urgently need one. If you need a local anaesthetic for dental work at any time during your pregnancy, it's perfectly safe.

C. (build-up / damage / tissue)

Untreated gingivitis can lead to periodontitis, which weakens the 1. tissue and bone that keep your teeth anchored in your jaw.

You can limit the 2. damage and prevent periodontitis from getting worse by keeping your teeth and gums clean and visit your dentist regularly for scaling and root planing. This treatment removes tartar 3. build-up and smoothes the base of your teeth.

D. (directly / difficult / general)

If you have gum disease, there's no clear evidence that it will 1. directly affect your baby's health while you are pregnant. But it may mean that your 2. general health isn't as good as it could be. If you are finding it 3. difficult to stay healthy, this can affect the way that your baby grows.

E. (trapped / actually / tender / give up)

Even though it makes your gums bleed, brushing regularly will 1. actually help. Use a soft brush, and choose a toothpaste for sensitive teeth if your gums are 2. tender. Don't forget to brush between your teeth. To reduce plaque build-up:

-see your dentist regularly,

- brush your teeth for two minutes,
- once in the morning, and last thing at night,
- clean between your teeth at least three times a week to remove plaque and 3. _____trapped_____ food, and to reduce bleeding
- if you smoke, 4. __give up_____, as smoking makes gum disease worse.

Look at the pieces of advice again. Find synonyms of the following words:

generally met	common	deteriorating	getting worse
delicate	tender	proof	evidence
to increase in size	swell	to influence	to affect
dental visit	check-up	in fact	actually
to make sth shiny	polish	accumulation	build-up
if not	unless	to confine	to reduce
immediately	urgently	to quit	give up
to hold in place	anchor	to eliminate	to remove