

WOMEN'S ORAL HEALTH ISSUES- key

Complete the sentences with words from GLOSSARY section.

1. Oral CONTRACEPTIVE causes an increase in progesterone level and enhances the chances of oral problems.
2. 'My gums are TENDER and sensitive to touch.'
3. Menopausal women have a higher chance of osteoporosis which decreases bone DENSITY.
4. Hormones FLUCTUATE in puberty or during menopause is responsible for dental problems.
5. FLOW of saliva is frequently decreased by some of the medicines female patients' use.
6. Sugary BEVERAGES are responsible for bacteria buildup inside an oral cavity.
7. Period frequently triggers some CANKER SORES in a woman's mouth.
8. Sores and ulcers inside oral cavity CLEAR up after period starts.
9. We can COMBAT dry mouth symptoms with artificial saliva products.
10. Hormones affect the color and size of a SALIVARY gland during menstruation.

Ask questions using the prompts

1. (you / pregnant) Are you pregnant ?
2. (what trimester/ you/ in) What trimester are you in?
3. (when/ last period) When was your last period?
4. (you/ use/oral contraceptive) Do you use oral contraceptive?
5. (you/ use/ prescribed medicines) Do you use any prescribed medicines?
6. (you /have/ typical menopause symptoms) Have you has typical menopause symptoms?
7. (how long/ you/ use/ birth control pill) How long do you use a birth control pill?
8. (you/ experience/ dry mouth) Do you experience dry mouth?

Complete this short text with proper forms of words in brackets

Some tips for 1) *preventing* (PREVENT) oral health problems like gum disease and tooth decay include:

- Brush your teeth at least 2) *twice* a day with a fluoride- 3) *containing* (CONTAIN) toothpaste. Floss at least once a day.
- Visit your dentist twice a year for a 4) *professional* (PROFESSION) oral 5) *examination* (EXAMINE) and cleaning.
- Eat a 6) *well* (GOOD) balanced diet.
- Avoid 7) *sugary* (SUGAR) or 8) *starchy* (STARCH) snacks.

If you have dry mouth, ask your dentist about 9) *treatment* (TREAT) for this condition, such as artificial saliva products 10) *available* (AVAILABILITY) over the counter.

Solve the crossword puzzle

1. Time of adolescence when sexual maturity is being developed.
2. Stage of a female's life when her periods become irregular and eventually cease completely.
3. salivary
4. some agent or substance that may be irritating or even harmful

