



# TEST YOURSELF TEETH

## Structure of pamphlet

Test your own knowledge on the subject TEETH solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 145-150 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

**Stay up-dated**

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**Find all self-training  
assignments at our  
webpage  
[www.dma.dk](http://www.dma.dk)**

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**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

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**You may phone us at  
**+45 7219 6004****

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**You may want to read Chapter 20 in “Medical Guide for Seafarers” and watch video number 17**

**Assignment 1**

Which questions would you ask a person with toothache?

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**Assignment 2**

What does an exposed dental nerve look like?

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Which treatment would you suggest for an exposed dental nerve?

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**Assignment 3**

Which medicine could Radio Medical Denmark prescribe, in case of dental problems?

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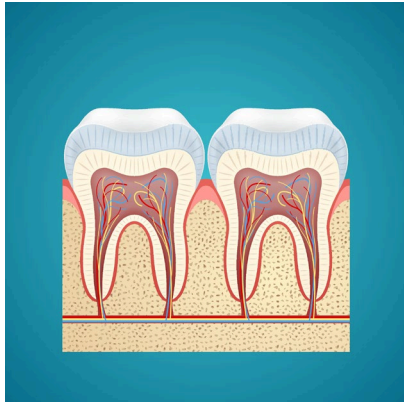
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**Assignment 4**

Identify these teeth by numbers – use the approved system from:

“Medical Guide for Seafarers”





*Læs om hvordan instrumenterne rengøres i "Lægebog for Søfarende" s. 29-30.*

## **Did you know ?**

In the year 2019 Radio Medical Denmark had 155 inquiries about dental problems, equivalent to more than 7% of all inquiries for that year.

Present scientific evidence suggests, there is a connection between severe gingivitis and the development of cardiovascular disease, rheumatoid arthritis and diabetes

Toothache does not always stem from the teeth!

The source may also be sinuses, facial muscles or facial nerves, which is why a thorough examination and interview of the patient is important.

The toothbrush is an important weapon against periodontitis and caries.

Present recommendations on teeth brushing are: Twice daily- morning and evening, use a soft brush and toothpaste with flour.

Source: netdoctor.dk

## Answers to the assignments:

### Assignment 1

Which questions would you ask a person with toothache?

- When did the pain start?
- Is the pain constant, or does anything aggravate the pain (e.g. chewing)
- Was there any type of blow to the tooth, did you chew on anything hard/solid?
- Did you have any prior dental problems?
- Did you ever receive any treatment to this tooth?
- Any alterations in your sense of taste?
- Any fever?

### Assignment 2

What does an exposed dental nerve look like?

A reddish spot, in the centre of the broken tooth

Which treatment would you suggest for an exposed dental nerve?

- Painkillers
- A cape of aluminum foil to cover the exposed nerve.
- Visit the dentist at first port call

### Assignment 3

Which medicine could Radio Medical Denmark prescribe, in case of dental problems?

- 3.1 Paracetamol
- 3.2 Ibuprofen
- 2.1 Lidocaine
- 7.1 Phenoxymethylpenicillin
- 7.6 Metronidazole

### Assignment 4

Identify these teeth by numbers – use the approved system from:

“Medical Guide for Seafarers”

