

ФГБОУ ВО УГМУ Минздрава России

Кафедра иностранных языков

**УЧЕБНОЕ ПОСОБИЕ ПО АНГЛИЙСКОМУ ЯЗЫКУ ДЛЯ СТУДЕНТОВ-
СТОМАТОЛОГОВ**

**Екатеринбург
2017**

Авторы: Тимеева Л.В. ст. преподаватель кафедры иностранных языков, УГМУ
Мусина О.Р. ст. преподаватель кафедры иностранных языков, УГМУ

Аннотация:

Данное пособие предназначено для студентов-стоматологов, может использоваться как для самостоятельной работы, так и на практических занятиях по английскому языку студентами 1-2 курсов медицинских высших учебных заведений.

Ключевые слова: английский язык, английский язык для студентов-медиков, английский язык для стоматологов

Contents

Oral Cavity

The Parts of the Tooth. Types of Teeth and What They Do

Common Smile Problems

Tooth brushing

Toothbrushes

Dental Myths

Tooth decoration

The Three Golden Rules of Occlusion

Importance of Oral Hygiene with Braces

ORAL CAVITY

№1. Ознакомьтесь с ключевыми словами.

Ключевые слова

1. embryo – эмбрион
2. in-pocketing – в присваивании
3. mouth – рот
4. structures – структуры
5. associated – связанный
6. lips – губы
7. junction – соединение
8. merges – слияния
9. distensible – растяжимый
10. chewing – жевание
11. swallowing – глотание
12. limit – предел

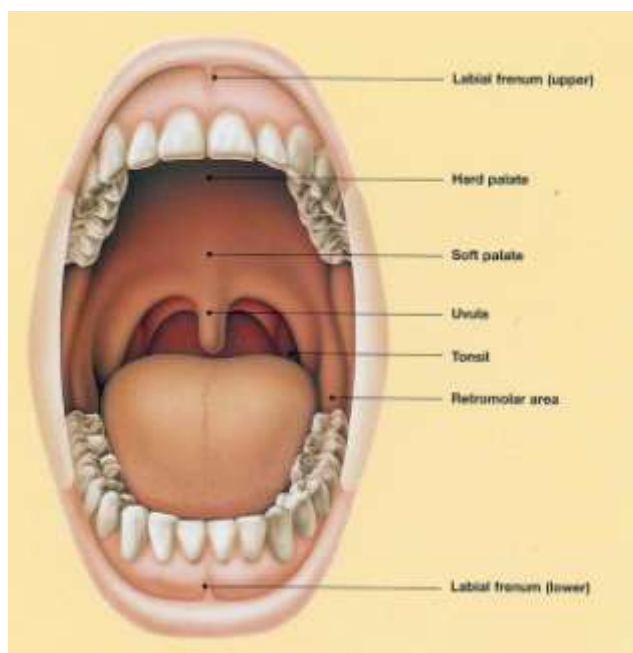
№2. Прочитайте текст.

The oral cavity forms in the embryo from an in-pocketing of the skin, stomodeum; it is, thus, lined by ectoderm. Functionally, the mouth forms the first portion of both the digestive and respiratory systems. Various special structures are found in, or associated with, the mouth.

In humans the margins of the lips mark the junction between the outer skin and the inner mucous lining of the oral cavity. The roof of the mouth consists of the hard palate and, behind this, the soft palate which merges into the oropharynx. The lateral walls consist of the distensible cheeks. The floor of the mouth is formed principally by the tongue and the soft tissues that lie between the two sides of the lower jaw, or mandible.

The tongue, a muscular organ in the mouth, provides the sense of taste and assists in chewing, swallowing, and speaking. It is firmly anchored by connective tissues to the front and side walls of the pharynx, or throat, and to the hyoid bone in the neck.

The posterior limit of the oral cavity is marked by the fauces, an ap-perture which leads to the pharynx. On either side of the fauces are two muscular arches covered by mucosa, the glossopalatine and pharyngo-palatine arches; between them lie masses of lymphoid tissue, the tonsils. Hiese are spongy lymphoid tissues composed mainly of lympho-cytic cells held together by fibrous connective tissue. Suspended from the posterior portion of the soft palate is the soft retractable uvula. The palate develops from lateral folds of the primitive upper jaw. The palate of



mammals consists of two portions. The hard palate, more anterior in position, underlies the nasal cavity. The soft palate hangs like a curtain between the mouth and nasal pharynx.

The hard palate has an intermediate layer of bone, supplied anteriorly by paired palatine processes of the maxillary bones, and posteriorly by the horizontal part of each palate bone. The oral surface of the hard palate is a mucous membrane covered with a stratified squamous epithelium. Anteriorly in humans there are four to six transverse palatine ridges: these diminish in prominence between fetal life and old age. A submucosal layer contains mucous glands and binds the membrane firmly to the periosteum of the bony component. Above the bone is the mucous membrane that forms the floor of the nasal cavity.

The soft palate is a backward continuation from the hard palate. Its free margin connects on each side with two folds of mucous membrane, the palatine arches, enclosing a palatine tonsil. In the midline the margin extends into a fingerlike projection called uvula. Both the hard and soft palate bear a seam, or raphe, along the midline. The oral side of the soft palate continues as the covering of the hard palate, and the submucosa contains mucous glands. The intermediate layer is a sheet of voluntary muscle.

Besides separating the nasal passages from the mouth, the hard palate is a firm plate, against which the tongue manipulates food. In swallowing and vomiting the soft palate is raised to separate the oral from the nasal portion of the pharynx. This closure prevents food from passing upward into the nasopharynx and nose. The closing action also occurs in speech.

№3 Ответьте на вопросы, опираясь на информацию из текста.

1. What are the features of a soft and hard palate?
2. What are the functions of tongue?
3. What forms the oral cavity?
4. What forms the bottom of the mouth?
5. In what cases is the soft palate raised to separate the oral from the nasal portion of the pharynx?

№4 Найдите эквивалент фразы в тексте.

- 1) Прочно закреплен соединительными тканями
- 2) Подслизистый слой содержит слизистые железы
- 3) Обеспечивает чувство вкуса
- 4) Подъязычная кость
- 5) Первая часть пищеварительной и дыхательной систем
- 6) Две мышечные дуги, покрытые слизистой оболочкой
- 7) волокнистая соединительная ткань

- 8) Небо развивается из боковых складок
- 9) При глотании и рвоте мягкое небо поднимается
- 10) Мягкое небо висит как занавес

№5. Найти в тексте однокоренные слова к приведенным словам.

- 1) Mucous
- 2) pharynx
- 3) palate
- 4) nose
- 5) lymphoid

№6 Найдите слово в тексте, соответствующее определению.

- 1) - a muscular organ in the mouth, provides the sense of taste and assists in chewing, swallowing, and speaking.
- 2)- forms the first portion of both the digestive and respiratory systems
- 3)- the layer contains mucous glands and binds the membrane firmly with the periosteum of the bony component
- 4)- bone partition separating the oral cavity from the nasal cavity
- 5)- part of the oral cavity formed by tongue and soft tissues

№7 Найдите в тексте: а) Антонимы и б) Синонимы к следующим словам:

- а)
- 1) The roof of the mouth
 - 2) Hard palate
 - 3) posterior

- Б)
- 1) oral cavity
 - 2) portions
 - 3) lining

№8 Прочитайте предложения и ответьте правдивы они(True) или нет(False):

- 1) There are ten to twelve transverse palatine ridges in humans
- 2) The mucous membrane of the hard palate surface is covered with a stratified squamous epithelium
- 3) The roof of the mouth consists of the soft palate
- 4) The tongue anchored by connective tissues to the front and side walls of the pharynx, or throat, and to the hyoid bone in the neck.
- 5) The hard palate is a backward continuation from the soft palate

The Parts of the Tooth. Types of Teeth and What They Do

1) Ознакомьтесь с ключевыми словами:

Enamel – эмаль

Cementum – цемент

Dentin - дентин

Pulp – пульпа

Incisors - резцы

Canines – клыки

Premolars - премоляры

Molars - моляры

Third molars - третий корень (зуб мудрости)

lower jaw – нижняя челюсть

upper jaw – верхняя челюсть

Chewing - жевание

Grinding – измельчение



2)Прочитайте текст:

A tooth is divided into two basic parts: the crown, which is the visible, white part of the tooth, and the root, which you can't see. Your teeth contain four kinds of tissue, and each does a different job.

Enamel This is the visible substance that covers the tooth crown. Harder than bone, enamel protects the vital tissues within the tooth. Enamel is made up of hydroxyapatite, phosphorous, and calcium.

Dentin Underneath the enamel you find dentin, which is calcified and looks similar to bone. Dentin is not quite as hard as enamel, so it's at greater risk for decay should the enamel wear away.

Cementum This tissue covers the tooth root and helps anchor it into the bone.

Pulp Pulp is found at the center and core of your tooth and contains the blood vessels, nerves, and other soft tissues that deliver nutrients and signals to your teeth.

Teeth help you chew your food, making it easier to digest. Each type of tooth has a slightly different shape and performs a different job.

Incisors Incisors are the eight teeth in the front of your mouth (four on top and four on bottom). These are the teeth that you use to take bites of your food.

Incisors are usually the first teeth to erupt — at around 6 months for your baby teeth, and between ages 6 and 8 for your adult set.

Canines Your four canines (fangs) are the next type of teeth to develop. These are your sharpest teeth and are used for ripping and tearing food apart. Primary canines generally appear between 16 and 20 months, with the upper canines coming in just ahead of the lower canines. In permanent teeth, the order is reversed, with lower canines erupting around age 9 and the uppers arriving between ages 11 and 12.

Premolars Premolars are used for chewing and grinding food. Adults have four premolars on each side of their mouths — two on the upper and two on the lower jaw. There are no primary premolars; the first premolars appear around age 10, with the second premolars arriving about a year later. These take the places of the first and second primary molars (described below).

Molars Molars are also used for chewing and grinding food. Primary molars, also known as deciduous molars, appear between 12 and 28 months, and are replaced by the first and second premolars (four upper and four lower) described above. The permanent molars (also four upper and four lower) do not replace any primary teeth, but come in behind all of them, further back in the jaw. The first permanent molars erupt at around age 6 (before the primary molars fall out), while the second molars come in between ages 11 and 13.

Third molars The third molars are commonly known as wisdom teeth. These are the last teeth to develop and don't typically erupt until age 18 to 20.

3) В приведенном тексте найдите ответы на вопросы:

1. What is enamel?
2. In what basic parts is divided a tooth?
3. What does pulp involve in?
4. What is the age of canines erupting?
5. How do we call third molar?

4) Найдите эквивалент фразы в тексте:

1. Первичные премоляры
2. Постоянные моляры
3. Жизненно важные ткани зуба
4. Зубы содержат четыре вида ткани
5. Кровеносные сосуды
6. Питательные вещества
7. Разрывать пищу
8. Постоянные зубы
9. Белая часть зуба
10. Зуб мудрости

5) Найдите однокоренные слова:

1. Teethridge
2. Bloody
3. Nutritional
4. Development
5. Appearance

6) Найдите слово в тексте, соответствующее определению:

1. ... - are the eight teeth in the front of your mouth This tissue covers the tooth root and helps anchor it into the bone - ...
2. ... - harder than bone, enamel protects the vital tissues within the tooth
3. It is in the center of the tooth - ...
4. These are the last teeth - ...
5. These are the last teeth - ...

7) Найдите А) антонимы и Б) синонимы к следующим словам:

А)

1. Constant
2. Grown
3. Mastication

Б)

1. Impermanent
2. Foolishness
3. Disappear

8) Прочитайте предложения и ответьте, правдивы они (True) или нет (False):

1. Primary molars, also known as deciduous molars, appear between 12 and 28 years of age
2. Molars - are the four teeth in the front of the mouth
3. Enamel is made up of hydroxyapatite, phosphorous, and calcium.
4. The pulp is in the center of the tooth
5. Each type of tooth has a different shape and performs a different job

Common Smile Problems

1. Ознакомьтесь с ключевыми словами

acid liquid – кислотная жидкость

debris-остатки (пищи)

seep-просачиваться, пробираться

erosion-разрушение факторами окружающей среды

culprit-виновник

mouthwash-жидкость для полоскания рта

surface-поверхность (зуба)

straw-трубочка

increase-рост

Иллюстрационный материал:



Canker sores



Tooth decay



Acid erosion

2. Прочитайте текст

You probably spend plenty of money on skin care products to fight wrinkles and dark spots. But how much attention do you give your smile? Just like your skin changes as you age, your teeth also start to show signs of wear and tear as you get

older. According to the World Dental Federation, 90 percent of people across the globe will deal with some sort of oral disease in their lifetime. In honor of World Oral Health Day, we asked top dentists for the best ways to treat common dental problems so you can show off your smile with confidence at any age.

Acid erosion. Eating foods like oranges, raspberries, and pineapples, which have a high acidic content, can be great for your waistline but not for your smile. These foods can increase your risk of acid erosion, the wearing down of your tooth's hard outer layer. Coffee and soda are bad for your teeth's enamel, too.

"When acid hits the enamel, it wears down the surface of your tooth," says Debra Glassman, DDS, a New York City dentist who has teamed up with ProNamel for the brand's Acid Truth campaign. "This causes your teeth to get weak, dull, thin, and yellower." Luckily, you don't have to give up your favorite foods and drinks — you just have to change your habits. Sip drinks through a straw to lessen the effect of acid on your teeth. "When you drink through a straw, this doesn't allow the tooth to bathe in the acid liquid," says Glassman. Swishing water around your mouth after eating and drinking can also help protect your enamel. "If you swish water around and swallow, you're lowering the amount of acid in your oral cavity that causes the erosion," says Glassman.

Bad breath. Garlic, onion, and spices may add tons of flavor to your meals, but they're also most likely the culprit behind smelly breath. To eliminate the stink, pay extra attention to your tongue when you brush and floss. "Many people don't rake or scrape their tongue; they brush it," says Thomas Connelly, DDS, a New York City dentist and the creator of 32 Effervescent Breath Treatment. "But brushing your tongue just compacts the debris and bacteria. Tongues must be raked or scraped." You can find a tongue scraper at your local drugstore. If you like to use mouthwash to fight dragon breath, look for natural formulas that don't contain alcohol or triclosan, an antibiotic. "Chronic use of alcohol and antibiotics can cause other, more severe problems than bad breath," says Connelly. Alcohol can irritate canker sores, and some studies have linked mouthwash to oral cancer.

Tooth decay. Need another reason to skip that late-night cookie binge?

The World Health Organization recently released new guidelines for decreasing sugar intake — not just for your health's sake, but for your teeth, too, citing research that people who eat more sugar have more tooth decay. "Tooth decay happens when bacteria in your mouth consumes the sugars you eat," explains Marc Lowenberg, DDS, a cosmetic dentist in New York City. "The sugar gives the bacteria on your teeth energy, allowing them to multiply and start the process of tooth decay." The most important thing you can do to prevent decay is also the easiest. "If I were to give anyone three tips on oral hygiene, it would be, floss, floss, and floss," says Lowenberg. Just make sure you floss before you brush.

“Flossing first removes all the food particles from between your teeth,” says Glassman. “I found that when patients did it the opposite way — brushing before flossing — the food particles would seep right back into where they were and it wouldn’t really be a good cleaning job.”

3. В приведенном тексте найдите ответы на вопросы:

- (1) What can happen with your teeth, when you eat a lot of food with hyperacidity?
- (2) How properly clean the tongue properly?
- (3) What substance should be used in mouthwash?
- (4) What substance does a bacterium love mostly in the food?
- (5) How to use a floss properly?

4. Найдите эквивалентные фразы в тексте:

- (1) По всему миру
- (2) Показать улыбку
- (3) Наружный слой зуба
- (4) Поменять привычки
- (5) Прополоскать рот водой
- (6) Утрамбовывать остатки пищи и бактерий
- (7) Сильный запах изо рта
- (8) Ночное обжорство печеньем
- (9) Снижение потребления сахара
- (10) Пробираться назад

5. Найдите однокоренные слова

- (1) Team
- (2) Biotic
- (3) Multi
- (4) Take
- (5) Energetic

6. Найдите слово в тексте, соответствующее определению

- (1) The disease, the most cardinal feature of which is the presence on the mucous membrane of the oral cavity of aft - painful ulcerative defectsirritate canker sores
- (2) Antibacterial agent in a mouthwash
- (3) Tooth decomposition
- (4) A living organism that provokes diseases of the oral cavity
- (5) Flossing, brushing your teeth, these are a...

7. Найдите в словаре а) 3 синонима; б) 3 антонима

а)

1. Food

2. Reason

3. Decay

б)

1. Opposite

2. Dark

3. Common

8. Прочитайте предложения, и решите, правдивы они (True) или нет (False)

1. Prevailing number of people struggle with oral diseases.

2. Tooth decay is not connected to the sugar intake.

3. Garlic and onion help to cure bad breath.

4. Drinking fizzy drinks destroys enamel.

5. Flossing prevents tooth decay.

Tooth brushing.

1. Ознакомьтесь с ключевыми словами:

- sensitive teeth – чувствительные зубы
- damage – наносить ущерб
- gums – десна
- glossy enamel – глянцевая эмаль
- relatively – относительно
- relieve – уменьшать
- soft-bristled toothbrush – зубная щетка с мягкими щетинками
- surfaces – поверхности
- glide – скольжение, скользить
- eternity – вечность
- eliminating - уничтожение



2. Прочитайте текст:

Are You Brushing Your Teeth Too Hard?

If you have sensitive teeth, brushing too hard or using the wrong toothbrush altogether can make symptoms worse. Learn the proper technique for brushing your teeth.

When it comes to brushing your teeth, there is such a thing as proper technique. Brushing too hard — or using the wrong toothbrush — can damage your teeth and gums, leading to problems like enamel wear and receding gums, which can in turn lead to tooth sensitivity, says Gene Romo, DDS, a Chicago-based dentist of the American Dental Association (ADA). “People tend to brush aggressively, thinking it’s the only way they can get their teeth to feel clean and look whiter,” Dr. Romo says. “That’s counterproductive, because not only does it cause recession of your gums, but you’re also wearing away the white, glossy enamel on your teeth, making them look yellow and darker.” And when that happens, you’re putting yourself at risk for developing sensitive teeth.

Not sure if you’re brushing too hard? Take a look at your toothbrush. If you’ve been using it for three months or less, it should still appear relatively new. “If it looks beat up and flat, that’s a sign you’re brushing way too hard,” Romo says.

The Proper Way to Brush Your Teeth.

Follow these tips to brush properly to help relieve tooth sensitivity and prevent damage to your teeth and gums:

Use a soft-bristled toothbrush. Choose one with the ADA seal and replace it every three months.

Place your toothbrush at a 45-degree angle to your gums. That way, the bristles can reach and clean underneath your gumline.

Gently move the brush back and forth. Use short, tooth-wide strokes to clean the outer, inner, and chewing surfaces of the teeth. If you’re using an electric toothbrush, let it do all the work and just lightly glide it over your teeth instead of pushing it against them.

Slow down. Dentists recommend that you brush for two full minutes — 30 seconds in each quadrant of your mouth — twice a day. Use the timer on your phone or choose an electric toothbrush that alerts you every 30 seconds. “For people who have never tried it, it can feel like an eternity. You don’t really know what two minutes feels like until you actually brush that long,” Romo says

Sticking with these tips can help you keep your teeth clean and your mouth healthy, while eliminating symptoms of tooth sensitivity.

3. В приведенном тексте найдите ответы на вопросы:

- 1) What problems can cause tooth sensitivity?
- 2) Why teeth can become yellow or darker?

- 3) How to understand that you are brushing your teeth too hard?
- 4) How often you need to change the brush?
- 5) Why we should place a toothbrush at a 45-degree angle to gums?

4. Найдите эквиваленты фраз:

- 1) Американская стоматологическая ассоциация
- 2) Правильная техника
- 3) Вызывает спад
- 4) Может в свою очередь привести к...
- 5) Подвергая себя риску
- 6) Назад и вперед
- 7) Чувствуется вечностью
- 8) Предотвратить повреждение
- 9) Помедленнее
- 10) Придерживаясь

5. Найти однокоренные слова:

- 1) Sense
- 2) Properly
- 3) Eliminate
- 4) Tendency
- 5) Eternities

6. Найти слово в тексте, соответствующее определению:

- 1) Each of four quarters in a circle.
- 2) The action of receding; motion away from an observer.
- 3) Shiny and smooth.
- 4) A way of carrying out a particular task, especially the execution or performance of an artistic work or a scientific procedure.
- 5) Having the opposite of the desired effect.

7. Найти в словаре А) антонимы и Б) синонимы:

- А) 1) Hard
2) Inner
3) Wrong
- Б) 1) Proper
2) Help
3) Surface

8. Прочитайте предложения и ответьте правдивы они или нет:

- 1) People should brush their teeth for three full minutes twice a day. T/F
- 2) Wearing away the white, glossy enamel on your teeth, making them look shiny. T/F
- 3) Using the wrong toothbrush can damage your teeth and gums. T/F

- 4) Using an electric toothbrush, let it do all the work and push it against your teeth. T/F
- 5) People tend to brush aggressively, thinking it's the only way they can get their teeth to feel clean and look whiter. T/F

Toothbrushes

1) Ознакомьтесь с ключевыми словами:

Toothbrush – зубная щетка

head size – размер зубной щетки

Bristle firmness – твердость (жесткость) щетинки

hard-bristled brushes – жесткие щетки

ultra-soft brushes- ультра-мягкие щетки

plaque- налет, зубная бляшка

be more flexible to reach between teeth – быть более гибким для очищения зубов

curved bristle – изогнутая щетинка

despite-вопреки

to harm the gums - повреждать десна, наносить вред деснам

2) Прочитайте текст

Since ancient times a variety of tools have been used to clean the teeth. Bird feathers, animal bones, porcupine quills, hog bristles, chewed tree twigs with bristle-like ends are all examples of early oral hygiene aids. Napoleon's toothbrush had horsehair bristles. We've come a long way with our modern toothbrushes but they're not all alike: Large brush head or small? - Hard, medium or soft bristles? -

Power or manual?...So much to consider!



Toothbrush head size: No matter which type of toothbrush you choose, be sure that the brush fits your mouth. We've noticed a recent trend in toothbrush manufacturing to produce large-headed brushes, even for children. 'Go small' is our recommendation. A toothbrush

needs to be small enough to fit those hard to reach places despite small mouths, teeth crowding and strong tongues. Sometimes we customize toothbrushes to make them more narrow or shorter by pulling out excess bristles. You can too.

Bristle firmness: In the past, hard toothbrushes were the norm. Now we recognize that hard-bristled brushes along with improper scrub-motion brushing can cause gum recession. Soft-bristled brushes are less likely to harm the gums and are more

flexible to reach between teeth. If the gums are thick, a soft- bristled brush will do. For those who's gums are thin and delicate, an ultra-soft is a better choice.

What to consider to help you choose: The head of toothbrush should be obtuse. Don't buy those toothbrush with square or triangle head. The recommended toothbrush head have length of 2.5-3.2cm, width of 0.8-1cm, toothbrush head with 2-4 lines of bristles, each line 5-12 bunches of toothbrush bristle.

The bristle should have same height. Many popular toothbrush have curved bristle like middle short. But sometimes, this kind of toothbrush bristle can't remove dental plaque completely. The more bunches of bristle of the toothbrush have, the better the toothbrush is. More bunches of toothbrush bristle improve the clean effective. Toothbrush bristle can't be too hard or too soft. Press on the toothbrush bristle, if it's thorn, don't use it, if it's too soft, don't use it either. Have angle between handle and bristle. Toothbrush handle should match your hand shape, then the strength will be well controlling. The angle will be good at 17o-20o.

No matter which toothbrush you are using, please help conserve water by turning off the tap when you brush your teeth.

3) В приведенном тесте найдите ответы на вопросы:

1. What toothbrush did Napoleon have?
2. Does a good toothbrush have curved bristles?
3. When did the first toothbrushes appear?
4. What is the height of the bristle?
5. What are the most popular toothbrushes?

4) Найдите эквиваленты фраз в тексте:

1. «древние времена»
2. «чистить зубы»
3. «средства гигиены полости рта»
4. «щетина из конского волоса»
5. «производство зубных щеток»
6. «эффективная отчистка»
7. «неправильные движения щеткой»
8. «нажимать (давить)»
9. «может вызвать рецессию десен»
- 10.«экономить воду»

5) Найдите однокоренные слова

Typical

Evolutionary

Pop

Ancientry

Bristling

6) Найдите слово в тесте, соответствующее определению:

... is a stiff hair or feather.

... is an oral hygiene instrument used to clean the teeth, gums, and tongue.

... are a hard, calcified structure found in the jaws (or mouths) of many vertebrates and used to break down food.

... is the drawing away of a tissue or part from its normal position.

... is the most common liquid on Earth.

7) Найдите в словаре синонимы-1, антонимы-2:

1) height

use

hard

2) norm

thin

harm

8) Прочитайте предложения и определите верно Т или неверно F:

1. The first toothbrushes appeared in the 19th century.

2. Hard-bristled brushes are the best.

3. The head of toothbrush should be obtuse.

4. Do not buy a brush with a square head.

5. Bird feathers were used to make toothbrushes.

Dental Myths

1) Ознакомьтесь с ключевыми терминами

misconceptions- неправильные представления

enamel- эмаль

xylitol- ксилит

plaque- налёт

gum- десна

hydrogen peroxide- перекись водорода

penetrate- проникать

carbohydrates- углеводы

starchiness- крахмалистость

inflammation- воспаление

2) Прочитайте текст:

When it comes to taking care of your smile, there are plenty of misconceptions out there. But while good oral health can be achieved in just minutes a day, the wrong practices can cause irreversible damage. Here's what you need to know.

Myth: The harder you brush, the cleaner you'll get your teeth.

The real deal: Brushing too hard or with too abrasive of a toothbrush (medium or firm) can actually harm your teeth by eroding some of the hard enamel that protects the inside of the tooth from cavities and decay. "I see it so much where people feel like they're getting them more clean, but actually it wears away enamel and even the gums," says Ana Paula Ferraz-Dougherty, DMD, a dentist in San Antonio, Texas, and a spokesperson for the American Dental Association. "I always recommend a soft-bristled brush."

Myth: Chewing sugar-free gum is just as good as brushing.

The real deal: If only this were true, kids everywhere would jump for joy. Chewing sugar-free gum, especially gum with xylitol, can have a protective effect on the teeth. Gum encourages saliva production, which helps to wash away enamel-eroding acids from foods, drinks, and even stomach acid in the case of issues like acid reflux. And xylitol helps to redouble the effects of saliva.

But chewing gum still doesn't replace brushing and flossing when it comes to removing plaque from all the surfaces of your teeth. You should brush at least twice a day for about two minutes, says Ferraz-Dougherty.

Myth: If you have sensitive teeth, it means you have worn away too much of the enamel on your teeth.

The real deal: Sensitivity is a key symptom of the loss of enamel, the hard protective layer on the outside of your teeth. But it can be caused by other factors as well, such as gum recession, or even the use of whitening toothpastes. "The hydrogen peroxide [used for whitening] can penetrate to remove stains," Ferraz-Dougherty says, "And it penetrates through the enamel into the layer beneath, which is the more sensitive part of the tooth."

The good news: If your sensitivity is caused by teeth whitening, switching to a more gentle toothpaste can help improve symptoms.

Myth: When it comes to cavities, sugar is the main culprit.

The real deal: When you think of cavities, you might think of lollipops and other sweet and sticky treats. But crackers and chips might be even worse for your teeth, says Ferraz-Dougherty. "It has to do with the starchiness," she explains. "It's carbohydrates in general — they have the sugars that break down the teeth, but they also really stick to your teeth."

Myth: If your gums bleed when you floss, it's best to leave them alone.

The real deal: "The reason our gums bleed is due to inflammation," explains Ferraz-Dougherty. Often it happens when bacteria and plaque get stuck in between our teeth where toothbrush bristles don't reach properly. Over time the bacteria builds up and causes the gums to become inflamed. Bleeding is part of that process.

If you floss once a month (or just before going to the dentist), it's likely you'll notice your gums bleeding. "That's a sign telling you something is going on there," says Ferraz-Dougherty. Make flossing a daily habit and the inflammation — and the bleeding — will go away with time.



<https://stomworld.com>

3) В приведенном тексте найдите ответы на вопросы:

1. What kind of toothbrush is recommended by the dentists?
2. What useful properties does xylitol have?
3. What can help to improve symptoms of tooth sensitivity?
4. Which can cause inflammation of the gums?
5. What substance can be used for whitening ?

4) Найдите эквивалент фразы в тексте:

1. необратимый ущерб
2. путем эрозии твердой эмали
3. прыгать от радости
4. стимулирует производство слюны
5. желудочная кислота
6. поверхности ваших зубов
7. стирать (начальная форма)
8. ключевой признак
9. слой ниже
10. щетина зубной щетки

5) Найдите однокоренные слова:

1. cave
2. recommendation
3. white
4. bactericidal
5. buildings

6) Найдите слово в тексте, соответствующее определению:

- 1- the liquid which is emitted in a mouth
- 2- solid tissue of tooth
- 3- complex carbohydrate used for food
- 4- an enlarged part of the digestive tract
- 5- frequent repetition of one action

7) Найдите в словаре а) 3 синонима и б) 3 антонима к следующим словам:

- А) 1. damage
2. recommend
3. clean

- Б) 1. help
2. break
3. wrong

8) Прочитайте предложения и ответьте правдивы ли они (true), (false):

- 1 Intensive hard brushing can cause irreversible damage
2. Ana Paula always recommend a soft-bristled brush.
3. Gum unencourages saliva production.
4. You should brush teeth at least twice a day for about two minutes
5. Sugar helps to redouble the effects of saliva.

Tooth decoration

1) Ознакомьтесь с ключевыми словами:

Piercing – пирсинг

Willingly – охотно, с готовностью

Mature – зрелый

Turnover – финансовый оборот

Fervently – горячо, пылко

Baby teeth – молочный зуб

Nibble – грызть, откусывать

Rhinestone – горный хрусталь

Self-expression – самовыражение

Segments of the population – слои населения

2) Прочитайте текст:

Tooth decoration

Modern dentistry is the first of all medical science. It develops constantly and at a rapid pace. Today dental achievements help to solve all the problems associated with the oral cavity. But do not forget that dentistry is an international financial industry that runs billions of dollars. Today's dentistry offers different opportunities to acquire a beautiful smile, revealing worthy teeth. But that's not enough. Now it is fashionable to decorate your teeth.

The craze for adornments for teeth in America quickly spread around the world and reached our country. Presently you can decorate your teeth with jewelry made of white gold with or without stones. Do you want to impress others? What could be better! Decorate your teeth and sparkle with natural or artificial stones, be my guest, if only money sufficed.

Such decorations are very fashionable among young people. Tooth ornaments compete in popularity with tattoos and piercing.

Moreover, parents give their consent to tooth decorations much more willingly than on tattoos and piercings. However dentistry will offer worthy ornaments for teeth and for the man in age, and for a mature woman, and for a child - it would be desire. Adornments for the teeth are available to all ages and segments of the population, which implies a good financial turnover for the dentist and further development prospects. Therefore, it is not surprising that dental associations all over the world fervently support such fashion.

Such ornament is very easy to fix on a tooth, thus enamel does not suffer. Modern dentistry, in the person of some experts, says that jewelry can be hooked even on baby teeth. But it is not clear why. This ornament lasts than five years or more. The



ornament can be cracked if its owner will actively nibble on something solid, for example, nuts.

The most popular manufacturers of tooth ornaments are the Swedish company «Twindent», the South African company «IZi Dental Innovations», the Portuguese company «Euro-Technew». All of them produce different products. Some of them specialize in white gold ornaments, while the stones are used natural or rhinestone. Others specialize in artificial materials. Ornaments differ substantially not only in materials, but also in shape, size, and configuration.

This variant of self-expression offers modern dentistry to the consumer. I wonder what progress will be made?

3) В приведенном тексте найдите ответы на вопросы:

1. Where did the fashion for teeth ornaments arise?
2. How long can you wear such jewelry?
3. Why do dental associations all over the world fervently support this fashion?
4. Are these ornaments dangerous for the health of teeth?
5. What companies are engaged in the manufacture of jewelry for the teeth?

4) Найдите эквивалент фразы в тексте:

1. Стремительные темпы
2. На здоровье
3. Быть в возрасте
4. Перспективы развития
5. Белое золото
6. Ротовая полость
7. Обнажающий
8. Поражать, удивлять других
9. Искусственный камень
10. Специализироваться на чем-либо

5) Найдите однокоренные слова:

1. Achieve
2. Nationality
3. Pierce
4. Avail
5. Substance

6) Найдите слово в тексте, соответствующее определению:

1. ... - picture on the body
2. ... - fasten something in a certain position
3. ... - mutual arrangement of objects
4. ... - a person who uses the products of an organization

5. ... - vie with someone

7) Найдите в словаре: А) антонимы и Б) синонимы к следующим словам:

А) 1. Achievement

2. Consent

3. Rapid

Б) 1. Well-known

2. Adornments

3. Rhinestone

8) Прочитайте предложения и ответьте правдивы ли они (True) или нет (False):

1. Adornments on teeth are a very dangerous fashion trend.

2. These decorations are very fashionable among older people.

3. Some experts say that jewelry can be hooked even on baby teeth.

4. Ornament for teeth holds on ten or more years.

5. The most popular manufacturers of tooth ornaments are the Swedish company «Twindent», the South African company «IZi Dental Innovations» and the Portuguese company «Euro-Technew».

The Three Golden Rules of Occlusion.

1) Ознакомьтесь с ключевыми словами:

Bite approach – укус

Cusp tripodation - каскадным триподиапазоном

Myofunctional - миофункциональный; функционально-мышечный

Masticatory muscles - жевательные мышцы

Tooth wear – износ зуба

Disclusion – отпечаток

Protrusive movements – выступающие движения

Fulcrum – точка опоры

Protrusively – выступающий

Interference – помехи, проблемы

2) Прочитайте текст:

Dentists treat patients with a variety of occlusal approaches, from the incredibly meticulous and complicated gnathological approach with a fully adjustable articulator and cusp tripodation to a myofunctional approach all the way to the overly simplified and imprecise natural bite approach.

The 3 Golden Rules of Occlusion make the goals of occlusal therapy very clear and simple to comprehend and to define.

The first Golden Rule is to have bilateral and even occlusal contact. The masticatory muscles can generate huge forces. For this reason, bilaterally even contacts throughout the dentition are mechanically sound, allowing for proper load distribution and a stable occlusion. Posterior teeth deflections may create an occlusal avoidance pattern leading to excessive anterior tooth wear (Figures 1 and 2). Also, in order for muscles to function in coordination, teeth need to contact evenly.



Figure 1. Observe the severe anterior wear. This was caused by a forward positioning of the mandible due to an interference on the first premolar (see Figure 2).



Figure 2. Observe how one (or 2) restorations in hyperocclusion (left “high”) will deflect the mandible forward when fully closing (see Figure 1).

The second Golden Rule is posterior teeth disclusion. Anterior and canine guidance allows for the immediate disclusion of molars and premolars when making lateral or protrusive movements, such as in chewing. This immediate posterior disclusion provides some important mechanical benefits, in that masticatory muscles significantly decrease activity and the amount of force applied to the anterior guiding teeth is greatly decreased. When posterior teeth touch, the muscles can function with full force. The further a tooth is from the fulcrum (joint), the less force is applied to it.

Finally, the third Golden Rule of Occlusion is an unobstructed envelope of function. During the chewing motion, the mandible does not only swing laterally, it swings forward (protrusively) during the closure movement, returning back into the centric stop. This is called the envelope of function. The correct amount of overjet allows the space for this protrusive movement to occur without interference (Figure 3). When the overjet is insufficient, or the lingual morphology of the anterior teeth is not concave enough, interference to the anterior path of closure will occur.

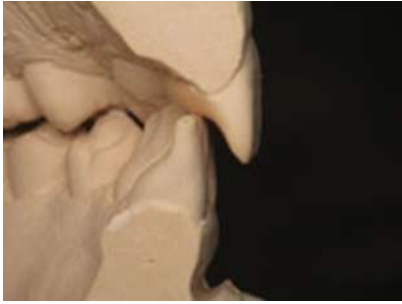


Figure 3. The appropriate amount of overjet will allow the mandible to have the natural forward swing (envelope of function), without interference.

Created: Wednesday, 06 October 2010 18:20 Written by Jose-Luis Ruiz, DDS

3) В приведённом тексте найдите ответы на вопросы:

1. What will happen if the posterior teeth deflections create an occlusive avoidance pattern?
2. How should the teeth contact the muscles to function in coordination?
3. How does the muscles function when you touch the back teeth?
4. What is the third Golden Rule of Occlusion?
5. Why do we need the golden rules of occlusion?

4) Найдите эквивалент фразы в тексте:

1. Износ передних зубов
2. Двусторонней основе
3. Неточный подход к естественному укусу
4. Должны равномерно контактировать
5. Смещение задних зубов

5) Найдите однокоренные слова:

1. Cure
2. Understand
3. Make
4. Rear
5. Momentous

6) Найдите слово в тексте соответствующее предложению:

1. ... - «Every contact of the teeth of the mandible and lower maxilla»
2. ... - «an organ formed by a muscle tissue, cells of which have the ability to contract and produce various movements»
3. Posterior teeth deflections may create an occlusal avoidance pattern leading to excessive anterior tooth ...
4. Disclusion of molars and premolars when making lateral or protrusive movements, such as in ...
5. During the chewing motion, the mandible swings forward (protrusively) during the closure movement, returning back into the centric stop.

7) Найти в словаре синонимы и антонимы:

1. Simple
2. Comprehend
3. Immediate
4. Bilateral
5. Stable
6. Anterior

8) Прочитайте предложения и ответе правдивы они (True) или нет (False):

1. Dentists treat patients always with the same of occlusal approach. F
2. The masticatory muscles can generate huge forces.
3. Posterior teeth deflections may create an occlusal avoidance pattern leading to excessive posterior tooth wear. F
4. For muscles to function in coordination, teeth need to contact evenly.
5. When posterior teeth touch, the muscles can function with full force.

Importance of Oral Hygiene with Braces

1) Ознакомьтесь с ключевыми словами:

1. Braces-брекеты
2. Rinsing-полоскание
3. Brushing-щетка
4. pockets of potential decay- карманы потенциального разложения
5. Flossing-нить для чистки промежутков зубов
6. Plaque-зубная бляшка , налет
7. dental care on the road-стоматологическая помощь на дороге



2) Прочитайте текст

Good dental hygiene is crucial for kids with braces. You've seen how excited your child has been anticipating that happy day in the future when the braces finally come off. To make sure his smile is everything he's been hoping for, it's important to keep his teeth clean and ensure that he develops good brushing habits while still wearing braces. If your child will be in braces for any length of time, you can prevent any long-term issues, such as cavities under the braces or discoloration around where the braces are bonded to the teeth, by establishing the following routines:

Rinsing and Brushing

Three to four times per day, have your child rinse his mouth with water to loosen food that might be caught in the braces, then brush thoroughly. You can learn more about brushing techniques in the Colgate Oral Care resources, but it is important to brush regularly with braces because food can easily be lodged in and behind the braces, creating pockets of potential decay. Each night before bed, have your child rinse with a fluoride rinse after brushing to help keep the teeth strong and healthy.

Flossing

Once per day, you should help your child floss. Flossing with braces can be difficult, but you can use many flossing options that will help ensure the gums stay healthy. Flossing helps to loosen food debris and plaque at and under the gum line that would otherwise harden into tartar. It can also help reach the nooks and crannies in the teeth that might be difficult to reach with a toothbrush.

Regular Cleanings

Every six months, take your child to his regular dentist for a cleaning and a checkup. His dentist can point out areas that need more attention, help make sure you're keeping his teeth healthy, and clean in and around the braces. Often, your dentist and dental hygienist can suggest helpful tools or ideas to keep your child's teeth healthy while the braces are on.

Good Dental Hygiene Away from Home

You can help your child keep his teeth clean when he is home, but when he is at school or traveling, there are other challenges. Send a travel toothbrush and toothpaste to school with your child so that he can get in the habit of stopping at the restroom each day after lunch to rinse and brush. When you travel, make sure to make time for good dental care on the road.

3) В приведенном тесте найдите ответы на вопросы:

- 1) What procedures need to be done to maintain oral hygiene?
- 2) What element can be to rinse the mouth after brushing ?
- 3) How many times a day do you need to brush your teeth when wearing braces?

4) Where exactly does food accumulate in an oral cavity?

5) How many times a year children should visit a dentist?

4) Найдите эквиваленты фраз в тексте:

1. Длительные проблемы
2. Полоскать рот водой
3. Нить для зубов
4. Гигиена полости рта
5. Укромные уголки зубов
6. Остатки пищи
7. Чистка зубов
8. Линия десны
9. Карманы разложения
10. Зубная щетка

5) Найдите однокоренные слова:

Dental

Brush

Hygiene

Travel

Help

6) Найдите слово в тексте соответствующее определению:

... is a specialist in the treatment of dental diseases

... is a loss of natural color of teeth

... is a bite correction device

... is a process of cleaning the mouth with water

... is a hygienic product for the oral cavity, packed in tubes and having a pasty consistency

7) Найдите синонимы-1 и антонимы-2:

1) Important

Child

Help

2) Future

Good

Behind

8) Прочитайте предложения и определите верно Т или неверно F:

1. To clean all places inaccessible to the toothbrush, flosses should be used.

2. To keep the oral cavity clean enough to just rinse your mouth with water a day.

3. When wearing braces, it is necessary to visit the dentist once every six months.

4. To clean braces, they must be removed and then rinsed under a stream of water.

5. The food between the teeth remains only in the form of a plaque.

