“Periodontal Disease and Overall Health: An Update” review by Balakesavan et al.:  
1. According to the abstract, periodontitis has been associated with systemic condition/s such as __________.  
   A. cardiovascular disease and diabetes  
   B. adverse pregnancy outcomes  
   C. respiratory infections  
   D. A & B  
   E. All of the above  

“Periodontal Disease and Overall Health: An Update” review by Balakesavan et al.:  
2. Research suggests that periodontal disease is a risk factor for impaired fertility in male patients and adverse pregnancy outcomes in female patients.  
   A. True  
   B. False  

“Periodontal Disease and Overall Health: An Update” review by Balakesavan et al.:  
3. Since the early 20th century, the link between __________ and periodontal disease was examined, and findings suggest that treating periodontal disease may be beneficial in managing this health condition.  
   A. lung cancer  
   B. migraine headaches  
   C. anemia  
   D. autism  
   E. none of the above  

“Periodontal Disease and Overall Health: An Update” review by Balakesavan et al.:  
4. Some medications prescribed to patients with __________ can increase the risk of periodontal disease, and periodontal disease is recognized as being “prevalent, severe and under recognized” in these patients.  
   A. brain cancer  
   B. colon cancer  
   C. bladder cancer  
   D. chronic kidney disease  
   E. none of the above
“Periodontal Disease and Overall Health: An Update” review by Balakesavan et al.:
5. According to the summary, the search for molecular mechanisms linking periodontitis to changes in systemic health has resulted in the evolution of a new era of multidisciplinary biomedical literature.
   A. True
   B. False

“Association between periodontal pathogens and systemic disease” review by Bui et al.
6. Specific oral pathogens, including P. gingivalis, have been associated with __________.
   A. Cardiovascular diseases; oral, colorectal carcinoma; and gastrointestinal diseases
   B. Diabetes; insulin resistance; respiratory tract infection; and bacterial pneumonia
   C. Alzheimer disease and adverse pregnancy outcomes
   D. A & B only
   E. All of the above

“Association between periodontal pathogens and systemic disease” review by Bui et al.
7. While research is showing a link between periodontitis and a number of systemic diseases, a cause-and-effect relationship has not been established yet for most of the diseases.
   A. True
   B. False

“Association between periodontal pathogens and systemic disease” review by Bui et al.
8. The authors of this review conclude that management of periodontal disease and proper oral care can positively impact the __________ associated with non-oral systemic diseases.
   A. Morbidity
   B. Mortality
   C. Health care costs
   D. A & B only
   E. All of the above

“Stress, Salivary Cortisol and Periodontitis: A Systematic Review and Meta-analysis of Observational Studies” article by Botelho et al.
9. 53% higher salivary cortisol levels were found in __________.
   A. healthy periodontal patients
   B. patients with aggressive periodontitis
   C. chronic kidney disease patients
   D. patients with thyroid problems
“Stress, Salivary Cortisol and Periodontitis: A Systematic Review and Meta-analysis of Observational Studies” article by Botelho et al.

10. Salivary cortisol response difference may have a negative impact on the periodontium, contributing to worsening the burden of aggressive periodontitis disease.
   A. True
   B. False

“Stress, Salivary Cortisol and Periodontitis: A Systematic Review and Meta-analysis of Observational Studies” article by Botelho et al.

11. The researchers conclude with strong recommendations __________.
   A. to perform initial cortisol screening
   B. to consider menstrual cycle-phase, oral contraceptives and physical exercise
   C. A & B
   D. none of the above

“Biological Periodontal Therapy” Online Learning Video Activity:

12. The key to anti-infective microscopy therapy is to __________.
   A. to surgically remove pathogens with excisional techniques
   B. look, disinfect, look again
   C. make the patient solely responsible for eliminating periodontal pathogens
   D. none of the above

“Biological Periodontal Therapy” Online Learning Video Activity:

13. While the link between periodontal disease and systemic illness is strongly suspected, there is currently no published research confirming this association.
   A. True
   B. False

“Biological Periodontal Therapy” Online Learning Video Activity:

14. A few lesser known risk factors for periodontal disease include __________.
   A. Vitamin C, Vitamin D, and Coenzyme Q10 deficiency
   B. dental amalgam mercury fillings, dental implants, and root canals
   C. sugar consumption and fluoride exposure
   D. A & B only
   E. all of the above

“Biological Periodontal Therapy” Online Learning Video Activity:

15. In regard to disinfection strategy, the arsenal of biological periodontal therapy tools include ozone therapy, laser treatment, and herbal methods for disinfection.
   A. True
   B. False
“Biological Periodontal Therapy” Online Learning Video Activity:
16. It is helpful for biological dentists to be aware that when a protozoa, spirochetes, staphylococci, or streptococci are microscopically identified in the sulcus around the teeth, there is a dysbiosis that often extends throughout the gut and into internal organs as well.
   A. True
   B. False

“Five-year Retrospective Study of Laser-Assisted Periodontal Therapy” from Kusek, Kusek, and Kusek:
17. In this study, which involved the use of a diode dental laser on infected teeth, in _________ of cases, a pocket depth of 3 mm or less was maintained.
   A. 20%
   B. 40%
   C. 60%
   D. 80%
   E. 100%

“Five-year Retrospective Study of Laser-Assisted Periodontal Therapy” from Kusek, Kusek, and Kusek:
18. The authors aimed to debunk the theory that biofilm destroys sulcular and junctional epithelium if it is not eliminated.
   A. True
   B. False

“Five-year Retrospective Study of Laser-Assisted Periodontal Therapy” from Kusek, Kusek, and Kusek:
19. According to the authors of this study, using diode lasers with conventional scaling and root planing can result in a/n _________.
   A. decrease of pocket depths
   B. decrease of gingival bleeding and inflammation
   C. acceleration of wound healing
   D. A & B only
   E. all of the above
“Ozone and its Use in Periodontal Treatment” study from Iliadis and Millar:
20. This study reports that gaseous ozone _________ the depth of pockets in patients with periodontal disease.
   A. significantly reduced
   B. slightly reduced
   C. did not impact
   D. significantly increased
   E. slightly increased

“Ozone and its Use in Periodontal Treatment” study from Iliadis and Millar:
21. In dentistry, ozone has been recognized for its potential use as __________.
   A. an antimicrobial agent
   B. a disinfectant in clinical applications
   C. a natural painkiller during invasive procedures
   D. A & B only
   E. All of the above

“Ozone and its Use in Periodontal Treatment” study from Iliadis and Millar:
22. Ozone is particularly known for its bactericidal effect.
   A. True
   B. False

“A Bad Taste in His Mouth: Salivary Testing for Periodontal Disease” case study by Miller and Tudor:
23. In this case study, the patient’s treatment involved __________.
   A. Oral DNA testing for periodontal pathogens
   B. Root debridement of all hard and soft deposits and laser treatment
   C. Diet and supplement instructions
   D. A & B only
   E. All of the above

“A Bad Taste in His Mouth: Salivary Testing for Periodontal Disease” case study by Miller and Tudor:
24. The report notes that eating fruits and vegetables may promote cellular function because they are high in __________.
   A. natural sugars
   B. salt content
   C. antioxidants
   D. none of the above
“A Bad Taste in His Mouth: Salivary Testing for Periodontal Disease” case study by Miller and Tudor:
25. In this case study, it was also recommended that __________.
   A. The patient floss three to five times per day
   B. The patient’s wife have a periodontal evaluation, especially since the couple is planning to start a family
   C. The patient use extra strength fluoridated toothpaste
   D. None of the above

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