Std. 9 English

Unit : 2 Dental Health

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Sonia had a severe toothache. She could neither eat anything nor could she go to school. Studying at home was also impossible due to pain. She was not able to sleep also.

Sonia : " Oaa ... Maa ... it's unbearable."

"We must visit a dentist," said her uncle, Ashokbhai.

The same evening they were at the Dental Care Clinic of Dr Sharma. Dr Bansi Sharma is a young and competent doctor.

Dr Sharma : Hello, young lady ! What's the matter with you?

Sonia : (with difficulty) U ..... maa. Ahh, doctor, I have a terrible toothache.

Dr Sharma : I can see. Let me check it. Sit in the chair, please.

(Sonia sits in the Dentist's Chair. The doctor switches on the headlight.)

Dr. Sharma : Now open your mouth and say aah….

Sonia : (Opening her mouth a little bit, slowly) Aaah ... ! Sorry, doctor. I can't open my mouth any wider than this.

Dr Sharma : That's OK. (moving the mouth mirror and the probe in Sonia's mouth) I can see. I see a black spot on one of your premolars. There seems to be a cavity there.

Ashokbhai : (Startled) A cavity?

Dr Sharma : Yes, a cavity and quite a big one. I am prescribing some

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medicines today. The pain will subside by tomorrow. Then only the further treatment is possible. Can you come back tomorrow?

Ashokbhai : I will be out of station tomorrow.

Dr Sharma : Well, Sonia can come alone ! She is a brave girl.

Sonia : Yes, doctor. I'll have to.

Next day Sonia felt better. She did not have much pain. She visited the doctor again at the fixed time.

Dr. Sharma : How do you feel today, young lady?

Sonia : Much better.

(Doctor Sharma cleaned the cavity with an air rotor. Then he filled it with a white substance known as Light-Cured Composite Filling Material. It contains synthetic resin, silica as filler and photo activator, etc.)

Dr Sharma : Yes, it's done. Thank you for keeping your mouth open without speaking a word.

As Sonia was the last patient that day, the doctor could spare time to talk to her.

Sonia : Doctor, would you tell me why I got this cavity?

Dr Sharma : Well, tell me one thing. Are you fond of sweets?

Sonia : Yes, I am. I love eating chocolates and ice-creams as well as other sweets.

Dr Sharma : And now tell me one more thing. Do you brush your teeth regularly twice a day? Do you clean your mouth after meals and after eating chocolates or ice-cream?

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Sonia : No, doctor. I brush my teeth only in the morning.

Dr Sharma : That's the problem ! You are not taking proper care of your teeth. You must brush your teeth properly twice a day - once in the morning and once before you go to bed.

Sonia : What is the right way of brushing the teeth,doctor?

Dr Sharma : Most of the people brush their teeth while moving the brush sideways only. But the right way is to move it upwards and downwards so that it removes the tiny bits of food stuck between the teeth. The gum-lines should also be brushed with gentle strokes. Not only this, clean your mouth after every meal and every time you eat a chocolate or an ice-cream.

Sonia : Would you tell me the reason, doctor?

Dr Sharma : Cleaning of mouth is the first requirement of dental hygiene. If you don't clean your mouth, tiny bits of food inside stick to the surface of your teeth and in the space between your teeth. Now germs feed on these food-particles that eventually eat up parts of the teeth too ! They destroy the enamel coating of the teeth, and in the long run it leads to cavity.

Sonia : Enamel coating? What's that?

Dr Sharma : For that you need to understand the construction of our teeth. Our teeth have three layers. The uppermost white layer is called enamel. It is the hardest and strongest part of our body. The second layer is called dentin. It is slightly yellowish. The innermost layer is called dental pulp. In your molar, there was a cavity which now no more exists.

Sonia : Molar? What is it?

Dr Sharma : It's a kind of teeth. Look at the chart. There are two types of teeth - deciduous teeth, also known as milk teeth. Deciduous teeth are

usually 20 in number and they shed one by one after growth. Thereafter, new permanent teeth come up. They are usually 32 in number.

Sonia : Yes, I also have 32 teeth but they all are not same.

Dr Sharma : They are different in shape, size and functions. There are four incisors, two canines, four premolars and four or six molars in each jaw.

Sonia : Can I ask you a few questions about my friends' dental problems?

Dr. Sharma : Oh ! Sure dear !

Sonia : Pooja, one of my classmates, had slipped off a staircase and she has some fractured teeth. What should she do?

Dr Sharma : Well, she needs to consult a dentist. After examining her teeth, the dentist will suggest restoration of teeth with Light-Cured Composite Filling Material.

Sonia : OK. I have another friend named Dhara. She has an uneven growth of teeth. Her teeth are not properly grown. She feels very embarrassed at times. Any advice for her?

Dr Sharma : No one should feel embarrassed about physical deformity. Her problem is called crowding. Now, there is a solution for this problem also. The patient has to go for an orthodontic treatment. The braces will bring her teeth in proper alignment.

Sonia : Should I ask her to see you?

Dr. Sharma : No, she will have to consult an orthodontist.

Sonia : Thank you very much for your valuable suggestions. Indeed dental science has advanced a lot. I will ask her to consult an

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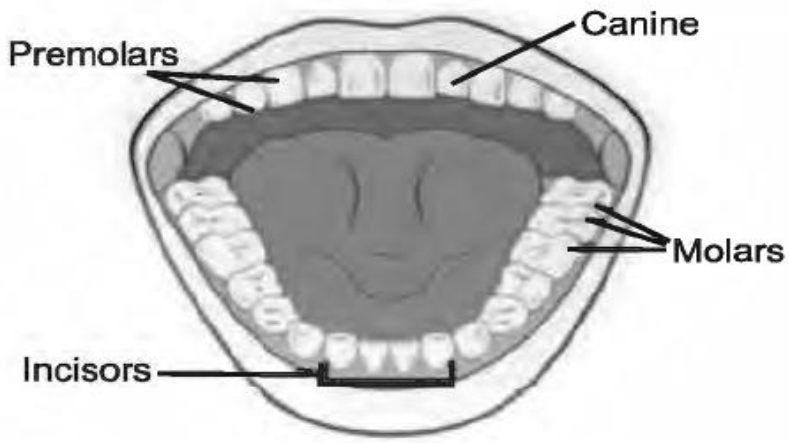
orthodontist. Hmmm ! Now I am thinking of taking up a project in science and I think this is a very useful topic.

Dr. Sharma : You can come for guidance for your project if you need.

Sonia : It's so nice of you !

Dr. Sharma : You are welcome.

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Words:

severe - ખૂબ ગંભીર

impossible - અશક્ય

unbearable - અસહ્ય

dentist - દાંતનો ડૉક્ટર

competent - હોશિયાર, સામર્થ્યવાળું

terrible - ભયાનક

wide - પહોળું

probe - તપાસવાનું સાધન

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spot - ડાઘો

cavity - પોલાણ, ખાડો

startled - આશ્ચર્યચકિત

to prescribe - અમુક દવા વાપરવા કહેવું

to subside - ઓછું થવું

further - આગળનું

treatment - ઉપચાર, સારવાર

possible - શક્ય

substance - વિશિષ્ટ પ્રકારનો પદાર્થ

filler - પોલાણ ભરવાનો પદાર્થ

patient - દર્દી

to spare - ફાજલ પડવું, ફાળવવું

sweets - મીઠાઈ

regularly - નિયમિત રીતે

tiny - ખૂબ નાનું, ઝીણું

bit - ટુકડો

stuck (p.t. of stick) - ચોંટી ગયેલું

gum-line - પેઢાં

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gentle - હળવું

stroke - ધીમે રહીને હાથ ફેરવવો

reason - કારણ

requirement - જરુરિયાત

dental - દાંતને લગતું

hygiene - આરોગ્ય

surface - સપાટી, બહારનો ભાગ

space - જગ્યા

germs - જંતુ

food particles - ખાદ્ય પદાર્થના નાના ટુકડા

eventually - આખરે, પરિણામે

to destroy - નાશ કરવું

enamel coating - દાંત પરનું પડ

construction - રચના

layer - પડ

uppermost - સૌથી ઉપરનું

slightly - બહુ થોડું, જરા

innermost - સૌથી અંદરનું

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to exist - અસ્તિત્વમાં હોવું

permanent - કાયમી

to shed - ખરી પડવું, પડી જવું

function - કાર્ય

jaw - જડબું

classmate - સહધ્યાયી

fractured - બટકી ગયેલું

to consult - સલાહ લેવી

to examine - તપાસવું

to suggest - સૂચવવું

restoration - સમું કરવું, સુધારવું

material - પદાર્થ, દ્રવ્ય

uneven - ઊંચું-નીચું, આઘું-પાછું

embarrassed - સંકોચ, શરમ

advice - સલાહ

physical - શારીરિક

deformity - શારીરિક ખોડ

solution - ઉકેલ

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alignment - એક લીટી/હારમાં મૂકવું

valuable - કીમતી

to advance - પ્રગતિ કરવી

topic - વિષય

guidance - માર્ગદર્શન

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idioms:

1. fond of - -નો શોખ હોવો

Mitali is fond of music.

2. to feed on - ખાવું

The lions feed on the dear and other animals in the jungle.

3. in the long run - લાંબે ગાળે

If you do exercise from a young age, it will help you in the long run.

4. to lead to - -ની તરફ દોરી જવું

Bad habits like smoking lead to bad health.

5. to slip off - પરથી પડી જવું

Nitin slipped off the scooter and broke his leg.

6. at times - કોઈક વાર

At times, it is good to let the children take their own decisions.

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7. to take up - જવાબદારી લેવી

Jay has taken up the work of decorating the hall.

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Ex. A Comprehension:

paragraph 1

Sonia had a severe toothache. She could neither eat anything nor could she go to school. Studying at home was also impossible due to pain. She was not able to sleep also.

Sonia : " Oaa ... Maa ... it's unbearable."

"We must visit a dentist," said her uncle, Ashokbhai.

1. How did Sonia suffer because of a toothache?

Ans. Sonia could not eat or sleep. She could neither go to school nor study at home.

2. What did Sonia's uncle say?

Ans. Sonia's uncle said that they must visit a dentist.

paragraph 2

The same evening they were at the Dental Care Clinic of Dr Sharma. Dr Bansi Sharma is a young and competent doctor.

Dr Sharma : Hello, young lady ! What's the matter with you?

Sonia : (with difficulty) U ..... maa. Ahh, doctor, I have a terrible toothache.

Dr Sharma : I can see. Let me check it. Sit in the chair, please.

(Sonia sits in the Dentist's Chair. The doctor switches on the headlight.)

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1. Where did Sonia go in the evening?

Ans. In the evening, Sonia went to the dental clinic of Dr Bansi Sharma.

2. What kind of a doctor was Dr Sharma?

Ans. Dr Sharma was a young and competent doctor.

paragraph 3

Sonia : (Opening her mouth a little bit, slowly) Aaah ... ! Sorry, doctor. I can't open my mouth any wider than this.

Dr Sharma : That's OK. (moving the mouth mirror and the probe in Sonia's mouth) I can see. I see a black spot on one of your premolars. These seems to be a cavity there.

1. Which instruments did the doctor use to check Sonia's teeth?

Ans. The doctor used a mouth mirror and the probe to check Sonia's teeth.

2. What did the doctor see?

Ans. The doctor saw a cavity in a premolar.

paragraph 4

Ashokbhai : (Startled) A cavity?

Dr Sharma : Yes, a cavity and quite a big one. I am prescribing some medicines today. The pain will subside by tomorrow. Then only the further treatment is possible. Can you come back tomorrow?

Ashokbhai : I will be out of station tomorrow.

Dr Sharma : Well, Sonia can come alone ! She is a brave girl.

1. Why did the doctor give medicines to Sonia?

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Ans. The doctor gave medicines to Sonia so that the pain would subside and he could give her further treatment the next day.

2. Why could Sonia come alone?

Ans. Sonia could come alone because she was a brave girl.

paragraph 5

(Doctor Sharma cleaned the cavity with an air rotor. Then he filled it with a white substance known as Light-Cured Composite Filling Material. It contains synthetic resin, silica as filler and photo activator, etc.)

Dr Sharma : Yes, it's done. Thank you for keeping your mouth open without speaking a word.

As Sonia was the last patient that day, the doctor could spare time to talk to her.

1. What treatment did the doctor give Sonia?

Ans. The doctor cleaned the cavity with an air rotor and then he filled it with a white substance.

2. Why could the doctor spare time to talk to Sonia?

Ans. The doctor could spare time to talk to Sonia because she was the last patient that day.

paragraph 6

Sonia : Doctor, would you tell me why I got this cavity?

Dr Sharma : Well, tell me one thing. Are you fond of sweets?

Sonia : Yes, I am. I love eating chocolates and ice-creams as well as other sweets.

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Dr Sharma : And now tell me one more thing. Do you brush your teeth regularly twice a day? Do you clean your mouth after meals and after eating chocolates or ice-cream?

Sonia : No, doctor. I brush my teeth only in the morning.

1. What did Sonia love eating?

Ans. Sonia loved eating chocolates and ice-creams and other sweets.

2. How many times did Sonia brush her teeth?

Ans. Sonia brushed her teeth only in the morning.

paragraph 7

Dr Sharma : That's the problem ! You are not taking proper care of your teeth. You must brush your teeth properly twice a day - once in the morning and once before you go to bed.

Sonia : What is the right way of brushing the teeth,doctor?

1. How many times should we brush our teeth?

Ans. We should brush our teeth twice a day - in the morning and before going to bed.

paragraph 8

Dr Sharma : Most of the people brush their teeth while moving the brush sideways only. But the right way is to move it upwards and downwards so that it removes the tiny bits of food stuck between the teeth. The gum-lines should also be brushed with gentle strokes. Not only this, clean your mouth after every meal and every time you eat a chocolate or an ice-cream.

1. What is the right way of brushing teeth?

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Ans. The right way of brushing teeth is to move the brush upwards and downwards so that it removes the tiny bits of food stuck between the teeth.

2. How should the gum lines be brushed?

Ans. The gum-lines should be brushed with gentle strokes.

3. How often should you clean your mouth?

Ans. We should clean our mouth after every meal and every time we eat a chocolate or an ice-cream.

paragraph 9

Dr Sharma : Cleaning of mouth is the first requirement of dental hygiene. If you don't clean your mouth, tiny bits of food inside stick to the surface of your teeth and in the space between your teeth. Now germs feed on these food-particles that eventually eat up parts of the teeth too ! They destroy the enamel coating of the teeth, and in the long run it leads to cavity.

1. What is the first requirement of dental hygiene?

Ans. Cleaning of mouth is the first requirement of dental hygiene.

2. What do the germs feed on?

Ans. The germs feed on the food particles stuck to the surface of the teeth and in the space between the teeth.

3. What do the germs do?

Ans. The germs destroy the enamel coating of the teeth and this leads to cavity.

paragraph 10

Sonia : Enamel coating? What's that?

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Dr Sharma : For that you need to understand the construction of our teeth. Our teeth have three layers. The uppermost white layer is called enamel. It is the hardest and strongest part of our body. The second layer is called dentin. It is slightly yellowish. The innermost layer is called dental pulp. In your molar, there was a cavity which now no more exists.

1. What is enamel?

Ans. The uppermost white layer of the teeth is called enamel.

2. What is dentin?

Ans. The second layer of the teeth, which is slightly yellowish, is called enamel.

3. What is dental pulp?

Ans. The innermost layer of the teeth is called dental pulp.

4. Which is the hardest and the strongest part of our body?

Ans. The enamel is the hardest and the strongest part of our body.

paragraph 11

Sonia : Molar? What is it?

Dr Sharma : It's a kind of teeth. Look at the chart. There are two types of teeth - deciduous teeth, also known as milk teeth. Deciduous teeth are usually 20 in number and they shed one by one after growth. Thereafter, new permanent teeth come up. They are usually 32 in number.

1. Name the two types of teeth.

Ans. The two types of teeth are : deciduous or milk teeth and permanent teeth.

2. What is molar?

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Ans. Molar is a kind of teeth.

3. What do you know about deciduous teeth?

Ans. Deciduous teeth are usually 20 in number and they shed one by one after growth.

4. How many permanent teeth do we usually have?

Ans. We usually have 32 permanent teeth.

paragraph 12

Sonia : Yes, I also have 32 teeth but they all are not same.

Dr Sharma : They are different in shape, size and functions. There are four incisors, two canines, four premolars and four or six molars in each jaw.

1. How many incisors and canines are there in each jaw?

Ans. There are four incisors and two canines in each jaw.

2. How many premolars and molars are there in each jaw?

There are four premolars and four or six molars in each jaw.

paragraph 13

Sonia : Pooja, one of my classmates, had slipped off a staircase and she has some fractured teeth. What should she do?

Dr Sharma : Well, she needs to consult a dentist. After examining her teeth, the dentist will suggest restoration of teeth with Light-Cured Composite Filling Material.

1. How did Pooja break her teeth?

Ans. Pooja slipped off the staircase and broke her teeth.

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2. Whom should Pooja consult?

Ans. Pooja should consult a dentist.

3. What will the dentist suggest to Pooja?

Ans. The dentist will suggest restoration of teeth with Light-Cured Composite Filling Material.

paragraph 14

Sonia : OK. I have another friend named Dhara. She has an uneven growth of teeth. Her teeth are not properly grown. She feels very embarrassed at times. Any advice for her?

Dr Sharma : No one should feel embarrassed about physical deformity. Her problem is called crowding. Now, there is a solution for this problem also. The patient has to go for an orthodontic treatment. The braces will bring her teeth in proper alignment.

1. Why does Dhara feel embarrassed?

Ans. Dhara feels embarrassed because she has an uneven growth of teeth.

2. What is the solution to uneven growth of teeth?

Ans. Uneven growth of teeth can be corrected by orthodontic treatment in which braces are fixed on teeth to bring them in proper alignment.

3. What is crowding?

Ans. Uneven growth of teeth is called crowding.

paragraph 15

Sonia : Thank you very much for your valuable suggestions. Indeed dental science has advanced a lot. I will ask her to consult an

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orthodontist. Hmmm ! Now I am thinking of taking up a project in science and I think this is a very useful topic.

1. Which project does Sonia want to take up?

Ans. Sonia wants to take up a project on dental health.

2. What has advanced a lot?

Ans. Dental science has advanced a lot.

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Ex. B Use the set of words in your own sentences.

1. severe - prescribe

Nilesh had a severe pain in the leg and so the doctor has prescribed some medicines.

2. impossible - destroy

The king found it impossible to destroy the enemy.

3. unbearable - dentist

Ashok had an unbearable toothache and so he visited his dentist.

4. competent - valuable

Mr Sharma is a competent officer and his suggestions are very valuable for the staff.

5. terrible - subside

Hitesh has a terrible headache, which will subside only if he takes some medicine.

6. reason - consult

Do you know the reason why Jitesh is consulting a lawyer?

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7. requirement - hygiene

Brushing teeth twice a day is the first requirement of dental hygiene.

8. possible - restoration

The restoration of this old fort is possible only if the government gives enough funds.

9. eventually - examine

Eventually, the striking teachers were ready to examine the answer sheets of the students.

10. exist - wide

There exists a wide gap between the rich and the poor.

11. solution - permanent

There seems to be no permanent solution to the traffic problem in cities.

12. embarrassed - slipped off

Vijay was embarrassed when he slipped off his scooter and fell down.

13. to spare - advice

Though the principal was busy, he decided to spare some time to give advice to the students of class 10.

14. regularly - in the long run

If you exercise regularly, it will certainly benefit you in the long run.

15. suggest - fond of

Since Nisha is fond of music, I suggested her to learn to play a musical instrument.

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Ex. C Write who said to whom the following sentences.

1. We must visit a dentist.

Ans. This sentence was said by Ashokbhai to Sonia.

2. Hello, young lady ! What's the matter with you?

Ans. This was said by Dr Sharma to Sonia.

3. I am prescribing some medicines today.

Ans. This sentence was said by Dr Sharma to Ashokbhai.

4. Would you tell me why I got this cavity?

Ans. This was said by Sonia to Dr Sharma.

5. I brush my teeth only in the morning.

Ans. This sentence was said by Sonia to Dr Sharma.

6. You must brush your teeth properly twice a day - Once in the morning and once before you go to bed.

Ans. This sentence was said by Dr Sharma to Sonia.

7. What is the right way of brushing the teeth, doctor?

Ans. This was said by Sonia to Dr Sharma.

8. Cleaning of mouth is the first requirement of dental hygiene.

Ans. This sentence was said by Dr Sharma to Sonia.

9. Enamel coating? What's that?

Ans. This was said by Sonia to Dr Sharma.

10. No one should feel embarrassed about physical deformity.

Ans. This sentence was said by Dr Sharma to Sonia.

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11. Now I am thinking of taking up a project on Dental Health.

Ans. This sentence was said by Sonia to Dr Sharma.

12. Well, Sonia can come alone ! She is a brave girl.

Ans. This sentence was said by Dr Sharma to Ashokbhai.

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Ex. D Fill in the blanks choosing the correct words from the brackets.

1. (pain,severe,impossible)

Sonia had a severe toothache. She could neither eat anything nor could she go to school. Studying at home was also impossible due to pain.

2. (subside,prescribing,treatment)

I am prescribing some medicines today. The pain will subside by tomorrow. Then only the further treatment is possible.

3. (meals, regularly, clean)

Do you brush your teeth regularly twice a day? Do you clean your mouth after meals and after eating chocolates or ice-cream?

4. (before,twice,care)

You are not taking proper care of your teeth. You must brush your teeth properly twice a day-Once in the morning and once before you go to bed.

5. (surface,eventually,requirement)

Cleaning of mouth is the first requirement of dental hygiene. If you don't clean your mouth, tiny bits of food inside stick to the surface of your teeth

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and in the space between your teeth. Now germs feed on these food-particles that eventually eat up parts of the teeth too.

6. (suggest,consult,examining)

Well, she needs to consult a dentist. After examining her teeth, the dentist will suggest restoration of teeth with Light-Cured Composite Filling Material.

7. (embarrassed,solution,problem)

No one should feel embarrassed about physical deformity. Her problem is called crowding. Now, there is a solution for this problem also.

8. (advanced,valuable,dental)

Thank you very much for your valuable suggestions. Indeed dental science has advanced a lot.

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