

# NBDHE Using Preventative Agents Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. How does an antibacterial rinse benefit periodontal health?**
  - A. By whitening teeth**
  - B. By reducing pathogenic bacteria that cause inflammation**
  - C. By promoting saliva production**
  - D. By freshening breath**
- 2. What aspect of pH affects enamel demineralization?**
  - A. A pH above 7**
  - B. A pH below 5.5 increases the risk of demineralization**
  - C. A pH of exactly 5.5**
  - D. pH has no effect on enamel**
- 3. What is the most appropriate action if a dental hygienist discovers a bubble in the cured sealant material?**
  - A. Leave it as is, it will not affect the patient**
  - B. Remove the sealant entirely**
  - C. Reetch, wash and dry the tooth, and apply additional material**
  - D. Apply a surface sealant only**
- 4. What is the role of the "tell, show, do" strategy in dental patient management?**
  - A. To educate only the dental staff**
  - B. To avoid surprises for the child**
  - C. To minimize appointment time**
  - D. To allow for less interaction**
- 5. Which are the two main components of dental plaque?**
  - A. Minerals and sugars**
  - B. Cells and fluids**
  - C. Bacteria and extracellular matrix**
  - D. Enzymes and acids**

- 6. What is the purpose of using sealant material with fluoride added?**
- A. Inhibits caries growth in the enamel surrounding the sealant**
  - B. Improves aesthetic appearance**
  - C. Reduces the sealant's viscosity**
  - D. Prolongs shelf life of the sealant**
- 7. What impact does water fluoridation have on dental treatment costs?**
- A. Increases overall costs**
  - B. Has no impact**
  - C. Reduces overall costs**
  - D. Only affects pediatric costs**
- 8. How can communication be viewed as a preventative agent in dental care?**
- A. It encourages recreational drug use awareness**
  - B. It helps identify harmful habits and promotes behavior change**
  - C. It improves technical skills in procedures**
  - D. It eliminates the need for treatment plans**
- 9. Topically applied fluorides are most effective for which purpose?**
- A. Prevention of root caries**
  - B. Reduction of systemic fluoride absorption**
  - C. Prevention of dental caries formation in pits and fissures**
  - D. Increasing enamel remineralization**
- 10. Which of the following is a common consequence of improper use of dental floss?**
- A. Increased gingival inflammation**
  - B. Decreased plaque accumulation**
  - C. Improved tooth alignment**
  - D. Reduced cavity risk**



## **Answers**

SAMPLE

1. B
2. B
3. C
4. B
5. C
6. A
7. C
8. B
9. C
10. A

SAMPLE

## **Explanations**

SAMPLE

## 1. How does an antibacterial rinse benefit periodontal health?

- A. By whitening teeth
- B. By reducing pathogenic bacteria that cause inflammation**
- C. By promoting saliva production
- D. By freshening breath

An antibacterial rinse benefits periodontal health primarily by reducing pathogenic bacteria that cause inflammation. In periodontal disease, harmful bacteria accumulate in the dental plaque and can lead to gingivitis, periodontitis, and ultimately tooth loss if not controlled. When an antibacterial rinse is used, it targets these specific bacteria, helping to reduce their numbers in the oral cavity. This reduction in pathogenic bacteria can decrease inflammation of the tissues surrounding the teeth, improve gum health, and slow the progression of periodontal diseases. While other options may have their merits—like promoting saliva production and freshening breath—they do not specifically address the underlying cause of periodontal issues, which is the presence of pathogenic bacteria and the resulting inflammation. Whitening teeth is unrelated to the purpose of antibacterial rinses in the context of periodontal health. Therefore, the most direct and relevant benefit of an antibacterial rinse in maintaining periodontal health is its ability to reduce harmful bacteria, thereby mitigating inflammation and promoting overall gum health.

## 2. What aspect of pH affects enamel demineralization?

- A. A pH above 7
- B. A pH below 5.5 increases the risk of demineralization**
- C. A pH of exactly 5.5
- D. pH has no effect on enamel

The correct choice highlights that a pH below 5.5 increases the risk of enamel demineralization. Enamel, which is the hard outer layer of teeth, begins to dissolve in acidic conditions, specifically when the pH drops below the critical level of 5.5. This means that when the oral environment becomes more acidic due to the presence of acids from food or bacterial activity, the balance between remineralization and demineralization shifts in favor of demineralization. At a pH level of 5.5 or lower, the solubility of hydroxyapatite, which is the primary mineral component of enamel, increases, leading to potential loss of minerals from the tooth structure. This process is a significant factor in the development of dental caries and other forms of enamel erosion. Maintaining a higher pH level above this critical threshold is essential for protecting the enamel and promoting a healthy oral environment.

3. What is the most appropriate action if a dental hygienist discovers a bubble in the cured sealant material?
- A. Leave it as is, it will not affect the patient
  - B. Remove the sealant entirely
  - C. Reetch, wash and dry the tooth, and apply additional material**
  - D. Apply a surface sealant only

When a dental hygienist discovers a bubble in the cured sealant material, the most appropriate action is to reetch, wash and dry the tooth, and apply additional material. This approach addresses the potential issue that the bubble may create by compromising the sealant's integrity and effectiveness. Bubbles in sealant can create an area where bacteria might accumulate, potentially leading to decay underneath the sealant since the material may not properly bond to the tooth surface. Reetching helps to refresh the enamel's surface and improve the bonding conditions, while washing and drying ensures that the area is clean and free from moisture, which is critical for the proper adherence of the new layer of sealant. Applying additional material over the original sealant will seal any gaps created by the bubble, ensuring effective protection against caries. This method is more comprehensive and effective than simply applying a surface sealant or leaving the bubble as is, as both alternatives do not address the underlying problem effectively. Additionally, removing the sealant entirely may be unnecessary and would create additional work and potential discomfort for the patient.

4. What is the role of the "tell, show, do" strategy in dental patient management?
- A. To educate only the dental staff
  - B. To avoid surprises for the child**
  - C. To minimize appointment time
  - D. To allow for less interaction

The "tell, show, do" strategy plays a crucial role in effectively managing dental patients, particularly children. This approach involves first explaining a procedure or technique to the patient (tell), then demonstrating what will happen during the procedure (show), and finally allowing the patient to experience the procedure for themselves (do). By using this strategy, dental professionals can reduce anxiety and build trust, making the dental experience more comfortable for children. The "tell" phase helps set expectations and reduces uncertainty, while the "show" phase visually familiarizes the patient with the equipment or procedure, further alleviating fears. Finally, the "do" phase empowers the patient by giving them an active role, reinforcing their understanding and comfort level. This process is particularly effective in pediatric dentistry, where minimizing surprises and providing clarity can significantly enhance a child's experience and cooperation during appointments. As such, this strategy is not geared towards educating the staff, minimizing appointment time, or reducing interaction, but rather focuses on creating a positive environment for the patient by avoiding surprises through clear communication and demonstration.

**5. Which are the two main components of dental plaque?**

- A. Minerals and sugars
- B. Cells and fluids
- C. Bacteria and extracellular matrix**
- D. Enzymes and acids

The main components of dental plaque are bacteria and the extracellular matrix. Dental plaque is a biofilm that forms on teeth and consists predominantly of a diverse array of bacteria. These bacteria adhere to the tooth surface, contributing to the plaque's overall structure and function. The extracellular matrix is a critical element of plaque as it provides a framework that supports the bacteria. It is composed of various substances, including polysaccharides, glycoproteins, and lipids, that not only help bind the bacteria together but also serve as a protective layer. This matrix plays an essential role in the biofilm's development and stability, allowing it to resist removal from the tooth surface and the antimicrobial effects of saliva and other oral hygiene practices. By understanding these components, one can appreciate how dental plaque forms and the significance of effective oral hygiene in managing and preventing plaque accumulation, which can lead to dental caries and periodontal disease.

**6. What is the purpose of using sealant material with fluoride added?**

- A. Inhibits caries growth in the enamel surrounding the sealant**
- B. Improves aesthetic appearance
- C. Reduces the sealant's viscosity
- D. Prolongs shelf life of the sealant

The rationale behind using sealant material that includes fluoride is primarily related to caries prevention. Fluoride is known to enhance enamel remineralization and inhibit the progression of caries. When fluoride is incorporated into sealant materials, it not only provides a protective barrier over the tooth surface but also helps in inhibiting caries growth in the enamel that surrounds the sealant. This is particularly important because areas prone to cavities, like pits and fissures, can benefit from the added fluoride, potentially reducing the risk of decay in those susceptible areas. In contrast, although improving aesthetic appearance, reducing viscosity, and prolonging shelf life are important aspects of dental materials, they do not directly relate to the specific preventive benefits that fluoride offers when added to sealants. Aesthetic improvements focus more on the visual aspects; viscosity relates to the application properties of the sealant; and shelf life pertains to product storage and usability rather than its active preventive effects in dental health.

**7. What impact does water fluoridation have on dental treatment costs?**

- A. Increases overall costs**
- B. Has no impact**
- C. Reduces overall costs**
- D. Only affects pediatric costs**

Water fluoridation plays a significant role in reducing dental treatment costs. By implementing a systematic approach to fluoride exposure through drinking water, communities can benefit from the preventive effects of fluoride in reducing the incidence of dental caries (tooth decay) in the population. Studies have shown that fluoridation contributes to lower rates of cavities, particularly in children, which subsequently leads to fewer dental treatments required over time. When dental caries prevalence decreases due to fluoridation, there is a direct financial implication for both individuals and healthcare systems. A community that experiences fewer cases of tooth decay will have reduced expenses related to restorative treatments, such as fillings, crowns, or extractions. This reduction in the need for dental interventions ultimately translates to overall lower healthcare costs associated with dental care. Additionally, the financial benefits of water fluoridation extend beyond just pediatric patients, as the preventive effects can influence adults as well. A healthier population with fewer dental issues means reduced dental treatment costs across various age groups. Overall, the research indicates that the cost-effectiveness of fluoridation makes it a financially sound public health strategy, leading to significant savings in dental care expenses for communities.

**8. How can communication be viewed as a preventative agent in dental care?**

- A. It encourages recreational drug use awareness**
- B. It helps identify harmful habits and promotes behavior change**
- C. It improves technical skills in procedures**
- D. It eliminates the need for treatment plans**

Communication in dental care plays a vital role as a preventative agent, particularly in its ability to identify harmful habits and promote behavior change. By effectively communicating with patients, dental professionals can uncover important information regarding a patient's oral hygiene practices, dietary habits, and lifestyle choices that may negatively impact their oral health. This open dialogue allows for the identification of issues such as smoking, poor diet, or inadequate oral care practices. Once these harmful habits are recognized, dental professionals can engage in discussions that educate patients on the repercussions of their behaviors and encourage them to adopt healthier practices. This proactive approach empowers patients to take charge of their oral health, potentially preventing the onset of diseases such as caries and periodontal conditions. Through reinforced communication, dentists can guide patients toward making positive changes that enhance their overall oral health and well-being. The other options do not fully capture the preventative essence of communication in dental contexts. For example, while awareness of drug use is important, it does not directly pertain to preventative strategies in routine dental care. Similarly, while improving technical skills is crucial for dental procedures, it does not relate to patient behavior and preventive health. Lastly, eliminating the need for treatment plans oversimplifies the importance of preemptive care strategies, as treatment plans are still necessary

**9. Topically applied fluorides are most effective for which purpose?**

- A. Prevention of root caries**
- B. Reduction of systemic fluoride absorption**
- C. Prevention of dental caries formation in pits and fissures**
- D. Increasing enamel remineralization**

Topically applied fluorides are most effective for the prevention of dental caries formation in pits and fissures because they provide a localized benefit that enhances the resistance of enamel to acid attack. When fluoride is applied topically, it integrates into the dental structure and contributes to the strengthening of the enamel, making it less susceptible to demineralization and more capable of undergoing remineralization after acid exposure. Fluoride helps to form fluorapatite, which is a more acid-resistant mineral than hydroxyapatite, the natural mineral found in enamel. This is particularly crucial in pits and fissures, which are common sites for caries development due to their complex geometry that can trap plaque and make cleaning difficult. The application of fluoride in these areas helps to create a protective barrier and promotes the remineralization process. Other options focus on systemic fluoride absorption or enamel remineralization in general, but the specific preventive effect in pits and fissures is a primary benefit of topical fluoride treatments. Additionally, while fluorides do contribute to enamel remineralization, their primary purpose when applied topically is to prevent caries, especially in vulnerable areas.

**10. Which of the following is a common consequence of improper use of dental floss?**

- A. Increased gingival inflammation**
- B. Decreased plaque accumulation**
- C. Improved tooth alignment**
- D. Reduced cavity risk**

The choice of increased gingival inflammation as a consequence of improper use of dental floss highlights a crucial aspect of oral hygiene. When dental floss is used incorrectly—such as snapping the floss against the gums, using an inadequate technique, or neglecting to wrap the floss correctly around the tooth—this can lead to trauma to the gingival tissue. Such trauma can cause irritation, enabling bacteria to cause inflammation, which leads to gingivitis. Conversely, decreased plaque accumulation, improved tooth alignment, and reduced cavity risk are not typically associated with improper floss use. In fact, improper flossing does not improve plaque control; in some cases, it can worsen plaque retention by not adequately cleaning the interproximal spaces. Similarly, dental floss does not play a direct role in aligning teeth or reducing cavity risk when used incorrectly; these outcomes generally require professional intervention or correct flossing habits to achieve positive results. Therefore, recognizing the connection between flossing technique and gingival health is key for successful oral hygiene practices.



## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nbdhepreventativeagents.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**