

NBDHE USING PREVENTATIVE AGENTS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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- 1. What is an important consideration for mouth rinses marketed for xerostomia?**
 - A. Should be non-foaming
 - B. Contains fluoride
 - C. Is alcohol-based
 - D. Is mint-flavored
- 2. Which oral health product can help to significantly reduce plaque biofilm?**
 - A. Electric toothbrush
 - B. Flavored toothpaste
 - C. Breath freshening mints
 - D. Floss picks
- 3. What types of materials can dental sealants be made from?**
 - A. Resins or glass ionomers that contain fluoride
 - B. Only glass ionomers
 - C. Cement or composite materials
 - D. Only filled resins
- 4. What can result from an imbalance in the oral microbiome?**
 - A. Improved oral hygiene
 - B. Decreased risk of caries
 - C. Increased risk of caries and periodontal disease
 - D. Enhanced taste perception
- 5. Continuous use of fluoridated water from birth can reduce the occurrence of carious lesions by what percentage?**
 - A. 20% to 30%
 - B. 30% to 40%
 - C. 40% to 65%
 - D. 70% to 80%

- 6. In what scenario would a dental professional recommend the use of fluoride varnish?**
- A. For patients with xerostomia
 - B. Only for patients with visible cavities
 - C. For patients with ideal oral hygiene
 - D. Only for children under 12
- 7. Which of the following represents an ADA recommendation for maintaining a dry field during sealant placement?**
- A. Use of two operators
 - B. Use of a suction device alone
 - C. Using a rubber dam exclusively
 - D. Minimizing assistants' role
- 8. Modern sealant products polymerize or "cure" through use of what type of light source?**
- A. Red light source
 - B. Blue light source
 - C. White light source
 - D. Green light source
- 9. What is the primary purpose of stannous fluoride in dentifrices?**
- A. To enhance taste
 - B. To provide antimicrobial action and reduce staining
 - C. To aid in calcium absorption
 - D. To act as a fluoride source
- 10. Which preventive measure is recommended for managing anterior disc displacement and its symptoms?**
- A. Night guards
 - B. Occlusal splint
 - C. Regular dental check-ups
 - D. Medication

Answers

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

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Explanations

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1. What is an important consideration for mouth rinses marketed for xerostomia?

- A. Should be non-foaming
- B. Contains fluoride**
- C. Is alcohol-based
- D. Is mint-flavored

When selecting mouth rinses marketed for xerostomia, an important consideration is that they contain fluoride. This is because individuals experiencing dry mouth (xerostomia) have a higher risk of caries (tooth decay) due to reduced saliva production, which plays a crucial role in neutralizing acids, remineralizing enamel, and providing antibacterial properties. The inclusion of fluoride in these rinses helps strengthen teeth and provide an additional level of protection against cavities. While non-foaming formulations may be beneficial in some cases, and flavoring choices like mint could enhance user satisfaction, these factors do not directly address the primary concern of caries prevention facing those with xerostomia. Furthermore, alcohol-based mouth rinses can potentially exacerbate dryness, making them less ideal for this specific condition. Therefore, the essential benefit of fluoride in supporting oral health is why it stands out as a critical consideration for mouth rinses aimed at individuals with dry mouth.

2. Which oral health product can help to significantly reduce plaque biofilm?

- A. Electric toothbrush**
- B. Flavored toothpaste
- C. Breath freshening mints
- D. Floss picks

An electric toothbrush is designed to provide a more effective brushing experience compared to a manual toothbrush. The oscillating and rotating bristle movements can achieve higher interproximal cleaning and more consistent contact with tooth surfaces, which enhances the removal of plaque biofilm. This increased efficiency in plaque removal contributes to better overall oral hygiene and helps prevent periodontal disease. The effectiveness of an electric toothbrush primarily stems from its ability to produce numerous strokes per minute, which can dislodge plaque that manual brushing may miss. Additionally, many electric toothbrushes come equipped with built-in timers to encourage adequate brushing duration, further promoting thorough cleaning. In contrast, options such as flavored toothpaste and breath freshening mints do not significantly impact plaque removal. While they may enhance the brushing experience or temporarily mask odors, they do not actively engage in controlling biofilm formation. Floss picks, although beneficial for interproximal cleaning, may not perform as efficiently as an electric toothbrush in combating established plaque biofilm across all tooth surfaces. Hence, the electric toothbrush stands out for its proven efficacy in reducing plaque biofilm.

3. What types of materials can dental sealants be made from?

A. Resins or glass ionomers that contain fluoride

B. Only glass ionomers

C. Cement or composite materials

D. Only filled resins

Dental sealants are primarily utilized to protect the occlusal surfaces of teeth, particularly in children and adolescents, from decay. The correct answer indicates that dental sealants can be made from resins or glass ionomers that contain fluoride. Resins, which are often composed of polymer-based materials, provide excellent adhesion, durability, and resistance to wear, making them effective in sealing pits and fissures on tooth surfaces. Glass ionomers also serve as an effective option for sealants; they not only bond to the tooth structure but also release fluoride over time, which can help in preventing decay. The fluoride release is particularly valuable as it aids in the remineralization process of enamel, enhancing the protective function of the sealant. This combination of sealant materials offers versatility in choice based on specific clinical needs, such as the type of tooth being sealed and the patient's risk of caries. Resins and glass ionomers are both well-regarded for their preventive capabilities, especially when they incorporate fluoride, enhancing their effectiveness in caries prevention. In contrast, the other options limit the types of materials inappropriately. For example, stating "only glass ionomers" disregards the widespread use and effectiveness of resin-based sealants. "Cement or

4. What can result from an imbalance in the oral microbiome?

A. Improved oral hygiene

B. Decreased risk of caries

C. Increased risk of caries and periodontal disease

D. Enhanced taste perception

An imbalance in the oral microbiome can lead to an increased risk of caries and periodontal disease due to the disruption of the natural balance between beneficial and harmful bacteria in the mouth. The oral microbiome consists of a complex community of microorganisms that coexist in a dynamic equilibrium, playing a crucial role in maintaining oral health. When this balance is disturbed—often due to factors such as poor oral hygiene, a high-sugar diet, smoking, or certain systemic health conditions—it allows pathogenic bacteria to proliferate, which can produce acids resulting in tooth demineralization (caries) and contribute to the inflammatory processes that cause periodontal disease. In contrast, improved oral hygiene typically promotes a healthier microbiome, which reduces the risk of dental issues, and enhanced taste perception is not directly influenced by microbiome imbalances. Thus, the presence of beneficial bacteria is essential for oral health, making the connection to increased risks of caries and periodontal disease a significant outcome of an unbalanced oral microbiome.

5. Continuous use of fluoridated water from birth can reduce the occurrence of carious lesions by what percentage?

- A. 20% to 30%
- B. 30% to 40%
- C. 40% to 65%**
- D. 70% to 80%

Continuous use of fluoridated water from birth has been shown to significantly reduce the prevalence of dental caries, with studies indicating that the reduction in carious lesions can range from 40% to 65%. This statistic reflects the strong relationship between fluoride exposure and decreased incidence of tooth decay. Fluoride works by helping to remineralize enamel, making it more resistant to acids produced by bacteria in the mouth. When children have access to fluoridated water from an early age, the benefits are cumulative, as fluoride continues to be incorporated into the developing teeth, enhancing their strength and resistance to decay. The percentages listed in the other choices do not encompass the widely accepted range established by research in this area. The effectiveness of fluoridated water has been substantiated through numerous public health studies, thus affirming that the reduction rate of carious lesions can indeed reach 40% to 65% when fluoride is used consistently from infancy.

6. In what scenario would a dental professional recommend the use of fluoride varnish?

- A. For patients with xerostomia**
- B. Only for patients with visible cavities
- C. For patients with ideal oral hygiene
- D. Only for children under 12

Fluoride varnish is recommended in scenarios where patients are at heightened risk for dental caries, and xerostomia, or dry mouth, significantly increases this risk. Patients with xerostomia often do not produce enough saliva, which plays a critical role in neutralizing acids produced by bacteria, remineralizing teeth, and providing essential minerals. As a result, these patients are more susceptible to tooth decay, making the application of fluoride varnish beneficial. The varnish helps to strengthen the enamel and can provide additional protection against caries, making it an effective preventive measure in this context. While fluoride varnish is certainly valuable for patients with visible cavities and can help in some cases regardless of hygiene practices, recommending it solely for those instances does not encompass its broader preventive role, particularly for those unable to maintain optimal saliva flow like those with xerostomia. Similarly, using it exclusively for children under 12 overlooks the importance of fluoride treatment for all age groups, especially those with oral health challenges.

7. Which of the following represents an ADA recommendation for maintaining a dry field during sealant placement?

- A. Use of two operators**
- B. Use of a suction device alone
- C. Using a rubber dam exclusively
- D. Minimizing assistants' role

The recommendation to use two operators during sealant placement is based on the practical need to ensure an effective and efficient procedure while maintaining a dry field. This approach allows one operator to focus on the technical aspects of the sealant application, such as proper placement and curing, while the second operator can assist in managing the suction and keeping the area dry, minimizing saliva or moisture contamination.

Maintaining a dry field is crucial for the adhesive properties of the sealants to be effective. If the surface is wet, the sealant will not bond properly to the tooth structure, reducing its effectiveness in caries prevention. Thus, having two trained operators facilitates better control of moisture levels, ultimately leading to a more successful sealant application.

8. Modern sealant products polymerize or "cure" through use of what type of light source?

- A. Red light source
- B. Blue light source**
- C. White light source
- D. Green light source

Modern sealant products typically polymerize or "cure" through the use of a blue light source. This blue light activates photoinitiators within the sealant material, leading to a chemical reaction that hardens the sealant when applied on tooth surfaces. This polymerization process is crucial because it allows the sealant to form a durable protective layer over the teeth, helping to prevent decay. The choice of a blue light source is due to the specific wavelengths that these photoinitiators respond to most effectively. They absorb this blue light and trigger the curing process efficiently. When sealants are applied in a clinical setting, the blue light ensures that the material reaches its optimum hardness quickly, benefiting both the practitioner and the patient. Other light sources such as red, white, or green do not effectively activate the photoinitiators in most dental sealants, which is why they are not suitable for this purpose. The use of a blue light source has become a standard in dental practices for this reason.

9. What is the primary purpose of stannous fluoride in dentifrices?

- A. To enhance taste
- B. To provide antimicrobial action and reduce staining**
- C. To aid in calcium absorption
- D. To act as a fluoride source

Stannous fluoride is primarily included in dental care products, particularly dentifrices, for its dual function as both an antimicrobial agent and a means to reduce staining on teeth. The antimicrobial properties of stannous fluoride help combat harmful bacteria in the oral cavity, contributing to the prevention of dental caries and gum disease. This action not only helps in maintaining oral health but also plays a role in controlling plaque accumulation. In addition to its antimicrobial benefits, stannous fluoride can inhibit the formation of extrinsic stains on the teeth, which is valuable for maintaining an aesthetically pleasing smile. Through these mechanisms—antimicrobial action and stain reduction—stannous fluoride fulfills its primary purpose in dentifrices, making it a preferred choice for patients looking for comprehensive oral health solutions. Other options in the question, while relevant to dental care, do not encapsulate the primary role of stannous fluoride as effectively as its antimicrobial actions and stain reduction capabilities do.

10. Which preventive measure is recommended for managing anterior disc displacement and its symptoms?

- A. Night guards
- B. Occlusal splint**
- C. Regular dental check-ups
- D. Medication

The recommended preventive measure for managing anterior disc displacement and its symptoms is the use of an occlusal splint. An occlusal splint is a type of dental appliance that helps to reposition the jaw and relieve pressure on the temporomandibular joint (TMJ). By providing a stable occlusal surface, the splint can help reduce muscle tension and limit further wear and tear on the joint. This can alleviate pain, minimize symptoms associated with disc displacement, and promote a more optimal jaw position. Occlusal splints can also help in preventing bruxism (teeth grinding), which often accompanies TMJ disorders. By mitigating the forces exerted on the jaw, they can play a crucial role in the overall management of symptoms related to disc displacement. Other approaches, while potentially beneficial in certain contexts, do not address the underlying biomechanics related to anterior disc displacement as effectively as an occlusal splint does. Regular dental check-ups and night guards may serve supportive roles in oral health but are not specifically directed toward the treatment of joint displacement symptoms, while medication may help manage pain temporarily but typically does not resolve the underlying mechanical issues.

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.

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!

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