

# Going to the dentist

## A. Reading

James is at the dentist's office today because he has a toothache on the right side of his mouth. He bought some medicine at the drug store, but the pain didn't stop. His last dental check-up was six years ago. James is afraid of dentists.



An x-ray technician took x-rays of his teeth. He has three cavities. The dentist is drilling two of the cavities, but he will have to pull out the tooth that has the third cavity. That cavity is so large that it can't be filled. That is also the tooth that is causing the pain. Every time the dentist starts the drill, James gets scared. The dentist told him to relax, but he can't. What can he do? How can he relax?



## B. True or False

1. True James is afraid of dentists.
2. True A large cavity on the right side of his mouth is causing a toothache.
3. True The x-ray shows that James has three cavities.
4. False The medicine James bought at the drug store stopped the pain.
5. True James feels stress when he hears the sound of the drill.

## C. Yes or No – What about you?

1. Yes I am afraid of dentists.
2. Yes I brush my teeth every day.
3. No I eat a lot of candy.
4. No I have a toothache.
5. Yes I have dental insurance.



## D. Writing - How can James relax while the dentist fixes his teeth?

James can take deep breaths and try to stay calm.  
He can listen to music or think about something nice.  
He can also close his eyes and count slowly. The dentist  
can explain what he is doing so James feels more comfortable.