

PROACTIVE SOLUTIONS

HIGH RISK:

If you are at high risk for dental decay, here are some steps we recommend that can help to minimize your risk.

- Preventive Cavity Screening X-rays every 6 months. (Many insurance companies provide a benefit for this)
- Topical Fluoride Treatment every time you have your teeth polished (reduces cavities by as much as 75%)
- Preventive Sealants on all exposed grooves, regardless of age (ADA states 95% chance of cavities in grooves where sealants are NOT used)
- Minimize sugar intake, especially between meals
- Avoid sugary or Low PH beverages
- Use prescription strength toothpaste and mouth rinses at home to help reduce bacteria content
- Use a Power Toothbrush, and floss as recommended
- Professional Check-up and Cleaning as recommended

MODERATE RISK:

- Preventive Cavity Screening X-rays every 6-12 months. (Many insurance companies provide a benefit for this)
- Topical Fluoride Treatment every time you have your teeth polished (reduces cavities by as much as 75%)
- Preventive Sealants on all exposed grooves, regardless of age (ADA states 95% chance of cavities in grooves where sealants are NOT used)
- Minimize sugar intake, especially between meals
- Avoid sugary or Low PH beverages
- Use prescription strength toothpaste and mouth rinses at home to help reduce bacteria content if recommended
- Use a Power Toothbrush, and floss as recommended
- Professional Check-up and Cleaning as recommended

LOW RISK:

- Preventive Cavity Screening X-rays as recommended.
- Topical Fluoride Treatment as recommended.
- Home care as recommended
- Professional Check-up and Cleaning as recommended

WHAT YOU SHOULD KNOW ABOUT DENTAL X-RAYS

Recently there have been several stories in the media about Dental X-rays. If one didn't know any better, they might take away the message that dental x-rays are bad.

The reality is, that our technology has already solved the issue of high radiation in x-rays. The radiation exposure in cavity detecting x-rays is remarkably low.

To give you some perspective, the American Nuclear Society says that the average radiation level per person per year is 620 millirems (mrems) per year. Safe allowable dose for nuclear plant workers, or those exposed to radiation in their work is 5,000 mrems per year. Here are some examples of other common exposures to radiation:

- 2 hours in a jet plane = 1 mrem
- Living in a stone or adobe house = 7 mrem per year
- 1 pack of cigarettes each day = 36 mrem per year
- Whole body CT scan = 1000 mrem
- 1 bitewing or PA dental x-ray = .08 mrem

This may help you understand why we still feel the benefits our patients receive from x-rays far outweigh the minimal exposure of radiation. Preventive cavity detection x-rays are extremely beneficial in early detection and treatment of cavities.

PROACTIVE PREVENTION PROGRAM



BEAUTIFUL,
HEALTHY
SMILES, FOR
LIFE!

“A patient’s risk for developing caries is a moving target.”

-The American Dental Association

Many of our patients express concern over having cavities. In fact, Dental caries remains the most common threat to early childhood oral health. It is not just children who are at risk for cavities, however. Many adults also face higher risk due to medical health issues, dietary habits and side effects from common medications.

“Considerable benefit could be achieved if people at high risk levels could be identified before cavities develop.” -National Institute of Health

The good news is, with appropriate preventive care, we can help to reduce your risk of cavities.

The following questions will help us determine what your personal risk status is for decay. With this information, we will both be more effective in preventing future problems.

We take our role in your dental health seriously, and hope to be able to care for your smile for many years to come.

CARIES RISK ASSESSMENT :

HIGH

MODERATE

LOW

CARIES RISK ASSESSMENT SURVEY

Patient Name: _____ Age: _____ Date: _____

Please circle the answers that apply

Low Risk = only conditions in “Low Risk” column present; Moderate Risk = only conditions in “Low” and/or “Moderate Risk” columns present; High Risk = one or more conditions in the “High Risk” column present.

DENTAL CONDITIONS	HIGH	MODERATE	LOW
Plaque/Calculus	Generalized	Localized	Minimal
Visible Cavitations	Yes		No
Cavity in the last 3 Years	Yes		No
Dry Mouth	Yes		No
Exposed Roots	Yes		No
Deep Pits or Fissures	Yes		No
Radiographic Cavities	Yes		No
White Spot Lesions	Yes		No
Appliances Present	Yes		No

MEDICAL HISTORY	HIGH	MODERATE	LOW
GERD	Yes		No
Sjogren’s Syndrome	Yes		No
Hyposalivary Meds	Yes		No
Radiation Therapy	Yes		No

HABITS	HIGH	MODERATE	LOW
Snacks between meals	3 + times	1-3 times	Infrequent
Soda or low PH beverage	Yes	Infrequent	No
Recreational Drugs	Yes		No

PROTECTIVE	HIGH	MODERATE	LOW
Flouridated water	No		Yes
Flouridated toothpaste	No		Yes
Fluoride mouthrinse		No	Yes
Xylitol gum/mints		No	Yes
Other protective rinses		No	Yes