



PROACTIVE SOLUTIONS

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

■ HIGH RISK:

- Preventive cavity screening X-rays every 6 months. (many insurance companies provide an X-ray benefit)
- Get a topical fluoride treatment every time you have your teeth polished (this can reduce cavities by as much as 75%)
- Preventive sealants on all exposed grooves regardless of age (ADA states there is a 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
- Get a professional check-up and cleaning as recommended

■ MODERATE RISK:

- Get preventive cavity screening X-rays every 6-12 months (many insurance companies provide an X-ray benefit)
- Get a topical fluoride treatment every time you have your teeth polished (this can reduce cavities by as much as 75%)
- Preventive sealants on all exposed grooves regardless of age (ADA states there is a 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
- Get a professional check-up and cleaning as recommended

■ LOW RISK:

- Get preventive cavity screening X-rays as recommended
- Get a topical fluoride treatment as recommended
- Home care as recommended
- Get a 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 you didn't know any better, you might take away the message that dental X-rays are dangerous.

The reality is, radiation exposure in cavity detecting X-rays is remarkably low.

To give you some context, the American Nuclear Society says that the average radiation level per person per year is 620 millirems (mrem) per year. The safe, allowable dose for nuclear plant workers, or those exposed to radiation in their work, is 5,000 mrem per year.

Here are some examples of other common exposures to radiation:

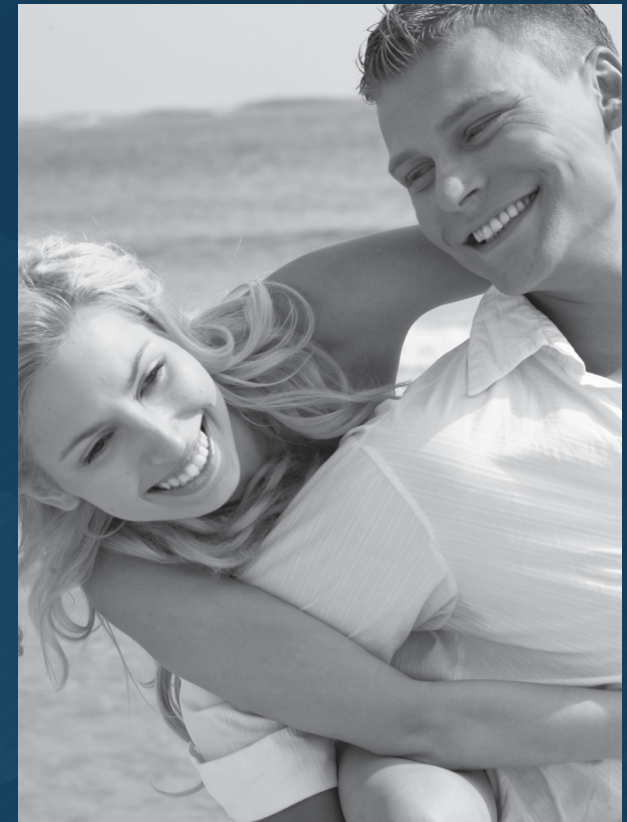
- 2 hours in a jet plane = 1 mrem
- Living in a stone or adobe house = 7 mrem per year
- 1 pack of cigarettes each day = 36 mrem per year
- 1 whole body CT scan = 1000 mrem
- 1 bitewing or PA dental X-ray = .08 mrem

Preventative cavity detection X-rays are extremely beneficial in early detection and treatment of cavities.

This is why we feel the benefits our patients receive from X-rays far outweigh the minimal exposure of radiation.



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 CONDITION	HIGH	MODERATE	LOW
Visible/radiographic cavitations	Generalized	Localized	Minimal
Teeth missing due to cavities	Yes		No
Visible plaque or calculus	Yes		No
Deep grooves/white spot lesions	Yes		No
Interproximal restorations	Yes		No
Exposed root surfaces	Yes		No
Restorations w/ overhangs or open margins	Yes		No
Dental/ortho appliances	Yes		No
Dry mouth	Yes		No

MEDICAL HISTORY	HIGH	MODERATE	LOW
Special healthcare needs	Yes		No
Chemo/radiation therapy	Yes		No
Medications that reduce saliva	Yes		No
Eating disorders	Yes		No

HABITS	HIGH	MODERATE	LOW
Snacks between meals	3+ Times	1-3 times	Minimal
Soda or low PH beverage	Yes	Infrequent	No
Recreational drugs/vaping	Yes		No

PROTECTIVE	HIGH	MODERATE	LOW
Fluoride exposure	No		Yes
Xylitol products		No	Yes
Other protective rinses		No	Yes
Family has a high rate of cavities	Yes		No
Dental home (receiving regular care)		No	Yes