

Assess Your Risk of Dental Disease

If you answer YES to ANY of the following questions, you or your child may be at an increased risk for dental disease. Please take this form to your dentist and discuss how you can work together to reduce your risk. For more information on a specific oral health topic or to take this assessment online, go to www.deltadentalia.com and select **Subscriber**.

- 1. I take prescription or over-the-counter medications.** YES NO

Some medications may cause dry mouth, which can increase your risk for cavities. If you are experiencing dry mouth, please ask your pharmacist if this could be caused by your medication. Your dentist may recommend saliva substitutes and/or additional therapies to help decrease your cavity risk.
- 2. I have had a cavity in the last three years.** YES NO

Past dental disease may be an indicator of risk for future dental disease. You should discuss a preventative regimen with your dentist or hygienist that may include one or more of the following: twice daily brushing with fluoride toothpaste, fluoride treatments, home fluoride rinses, and dental sealants for unfilled molars with deep pits and grooves.
- 3. I frequently eat or drink sugary substances.** YES NO

Frequent consumption of foods that contain sugar is a major risk factor for tooth decay. The longer and more frequently these foods stay in your mouth, the greater the risk of decay. For example, slowly dissolving sugars such as hard candies, cough drops, breath mints, and antacid tablets pose a greater risk for decay.
- 4. I put my baby to bed with a bottle containing milk or juice.** YES NO

Putting your child to bed with a bottle containing formula milk, milk, or juice can put the child at risk for Baby Bottle Tooth Decay. Bacteria in the mouth converts the sugar to acid, which attacks tooth surfaces and causes decay. Talk to your pediatrician and/or dentist about Baby Bottle Tooth Decay.
- 5. I have diabetes.** YES NO

A higher incidence of gum disease is seen in patients with diabetes. It is important that you visit your dentist for your recommended cleanings each year in order to maintain your oral health. Brushing twice daily and flossing once daily are also very important in reducing your risk of further gum disease.
- 6. I have had or will have head and neck radiation treatment.** YES NO

Head and neck radiation treatment reduces blood flow and can cause extremely dry mouth, which puts you at high risk for cavities. In addition, if your immune system is compromised, you may experience more frequent cold sores or other infections of the mouth. If you are having radiation treatment of the head and neck, you should discuss a treatment plan with your dentist and oncologist.
- 7. I smoke cigarettes, a pipe, or a cigar; I chew tobacco; and/or I consume alcohol.** YES NO

Tobacco and alcohol are the leading risk factors for oral cancer. Together, they are associated with 75% of all oral cancers. Your dentist should perform an examination for oral cancer at your regular check-up. In addition, smoking and alcohol consumption are independent risk factors for gum disease/oral cancer.
- 8. I have had gum surgery which has left me with receded gums.** YES NO

Gum surgery can expose the roots of the teeth, leaving you at increased risk for root cavities. Talk to your dentist about the benefits of fluoride treatments following gum surgery.
- 9. I live in a community that does not have fluoride in the water supply.** YES NO

Fluoride in the water supply helps to reduce cavities. If you do not live in a fluoridated community, you should speak with your dentist about the use of fluoride rinses or other supplements.

Please note: Not all recommended services are covered by dental insurance plans.