

## CARIES RISK ASSESSMENT

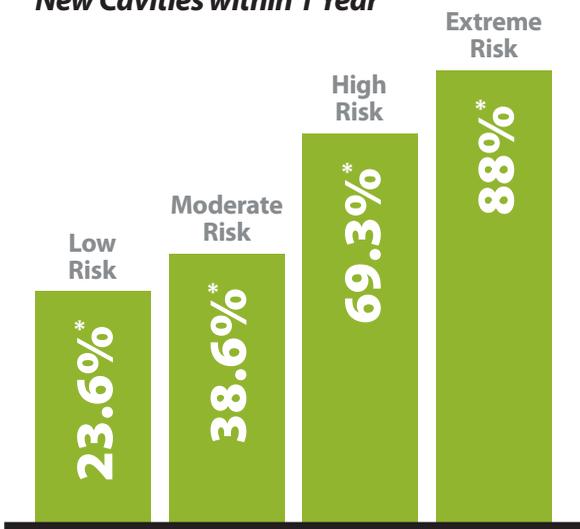
### What is it?

Due to new research on cavities and what causes them, we know everyone is at risk of developing decay at some point in their lifetime. Caries risk assessment is a diagnostic method used to identify issues before irreversible damage has occurred. Essentially, it is an assessment of the balance between risk factors for the disease and protective factors keeping you healthy!

### Why should I care?

Based on your risk factors for the disease, your dental professional can tell you your likelihood of experiencing new cavities in the next 12 months. Below is a chart that shows the risk of forming new cavities based on your level of risk:

### Patient's % Risk of New Cavities within 1 Year



\* Source: CDA Journal October 2011, page 714 "Validation of the CDA CAMBRA Caries Risk Assessment — A Six Year Retrospective Study" S Domejean, J White, J Featherstone

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## Have you heard any of these myths about cavities?

- "Maybe you just have soft teeth."*
- "Sugar is the cause of cavities."*
- "Just brushing and flossing will prevent cavities."*
- "Fillings will stop the decay process."*
- "You can't catch a cavity from someone else."*

While some of these are partially based on fact, some simply aren't true. The research shows that cavities are caused by a bacterial infection/imbalance known as caries. This imbalance occurs when the risk factors for disease outweigh the protective factors for health. By understanding what causes an imbalance of the oral environment and making adjustments, the disease can be controlled and your incidence of cavities can either be reduced or eliminated!

# Are you in balance?

