The prevention and restoration treatment of caries remains an important part of dental practice. Tooth decay is the single most common chronic childhood disease. In fact, it's 5 times more common than asthma and 7 times more common than hay fever. Also, many adults have untreated caries (e.g., 27% of those 20-39 years, 21% of those 40-59 years, and 19% of those 60 years and older).

This caries risk assessment tool is designed to help you in the comprehensive management of caries in your patients. The assessment includes the following sections to involve the patient, parent, and/or caregiver: a patient interview or questionnaire (Part I), clinical evaluation (Parts II and III), and risk assessment and patient recommendations (Part IV).

**Part I: To be answered by the patient, parent, or primary caregiver about the patient. (Select the responses under the risk columns that best answers each question.)**

<table>
<thead>
<tr>
<th>Question</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>For Adults and Children:</strong> How often do you visit your dentist?</td>
<td></td>
<td></td>
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<tr>
<td>How often do you brush your teeth each day?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>How often do you floss between your teeth?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Do you use fluoride toothpaste?</td>
<td></td>
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<tr>
<td>Have you had cavities in the past?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>How long has it been since your last cavity?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>How many times daily do you eat sugary foods (such as candy, soda, cookies, cake, or juice) between meals?</td>
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<tr>
<td>Do you wear braces, orthodontic appliances, or partial dentures?</td>
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<tr>
<td>Does your mouth often feel dry (not enough saliva)?</td>
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<td></td>
<td></td>
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<tr>
<td>Do you have special health care needs, especially, any which limit your ability to care for your teeth and gums?</td>
<td></td>
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<tr>
<td>Do you use chewing gum, mints, or other products that contain Xylitol?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Have you had sealants placed on your teeth?</td>
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<tr>
<td><strong>Additional Questions for Children Under the age of 12.</strong></td>
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<td></td>
</tr>
<tr>
<td>Does the child's parent, primary caregiver, or siblings have cavities?</td>
<td></td>
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<tr>
<td>Does the child sleep with a baby bottle that contains milk or juice?</td>
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<tr>
<td>Does the child live in a community that has fluoridated water?</td>
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<td></td>
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<tr>
<td>Does the child take fluoride supplements or use fluoride rinses?</td>
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</tbody>
</table>

**Part II - Clinical evaluation of the patient - Select the responses under the risk columns that best answers each question.**

<table>
<thead>
<tr>
<th>Question</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does the patient have a history of medical or special needs?</td>
<td></td>
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<tr>
<td>Does the patient have visible plaque build up?</td>
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<td></td>
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<tr>
<td>Are there areas of enamel demineralization (chalky white-spots on teeth)?</td>
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<td></td>
<td></td>
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<tr>
<td>Are there enamel defects, deep pits/fissures?</td>
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<td></td>
<td></td>
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<tr>
<td>Is there radiographic evidence of caries?</td>
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</tbody>
</table>

**Part III - Supplemental professional assessment (Optional)**

<table>
<thead>
<tr>
<th>Question</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Levels of mutans streptococci or lactobacilli</td>
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<td></td>
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</tbody>
</table>
## Part IV - Patient Recommendations

| Patient's Current Cavity Risk: Many experts feel that the patient's caries risk is considered to be the highest risk level (low, moderate, or high) in which any one response was checked. For example, any one answer in the "high risk" column indicates that the patient is considered "high risk" for tooth decay. |
|---|---|---|---|
| | Low Risk | Moderate Risk | High Risk |
| | ☐ Low | ☐ Moderate | ☐ High |

### Daily Oral Hygiene:
- Brush twice daily (with fluoride toothpaste, all patients)
- Floss daily
- Floss threaders
- Interproximal brush
- Interdental cleaner
- Other: ____________________________________

### Diet:
- OK as is
- Limit or change snacking (eliminate sweets)
- Limit sodas
- Limit bottle/nursing; eliminate at bedtime
- Replace juice or sweet liquids in the bottle with water
- Other: ____________________

### Fluorides:
- Fluoride-containing toothpaste 2X/day (all patients regardless of caries risk status)
- Fluoride rinse (0.05 % NaF) 1X or 2X/day
- Prescription strength fluoride gel
- Fluoride lozenges 1X/day
- Appropriate fluoride supplements (for children receiving less than the optimum levels of fluoride in their drinking water)

### Antibacterial rinse:
- Chlorhexidine gluconate, 0.12% (available by prescription)

### Sugar-free gums/mints:
- Chew after meals when you can't brush (Xylitol preferred)
- Use Xylitol mints 3 – 4 times daily

### For dry mouth:
- Use baking soda toothpaste with fluoride
- Drink or rinse frequently with water
- Use dry mouth products

### Other recommendations:

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