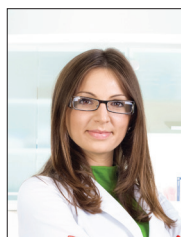


Your Risk of Dental Disease



Prepared For: Emily Anderson
Exam Date: 17/11/2020
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Gum Disease Risk

1
out of 5

This indicates the likelihood that without appropriate home and preventive care, the health of your gums may worsen resulting in inflammation and the possible loss of teeth.



5	Very High Risk
4	High Risk
3	Moderate Risk
2	Low Risk
1	Very Low Risk

5	Very High Risk
4	High Risk
3	Moderate Risk
2	Low Risk
1	Very Low Risk



Tooth Decay Risk

1
out of 5

This indicates the likelihood that without appropriate home and professional care, the health of your teeth may worsen resulting in tooth decay or breakdown of existing restorations.



5	Very High Risk
4	High Risk
3	Moderate Risk
2	Low Risk
1	Very Low Risk

Tooth Wear Risk

1
out of 5

The tooth wear risk score describes the likelihood that your teeth will wear away due to lifestyle risk factors.



5	Very High Risk
4	High Risk
3	Moderate Risk
2	Low Risk
1	Very Low Risk

5	Many risk indicators
4	Several risk indicators
3	Some risk indicators
2	Few risk indicators
1	Very few risk indicators



Mouth Cancer Risk Indicators

3
out of 5

Mouth cancer, unlike tooth decay and gum disease is very rare. Only 1 in 10,000 people in the UK will develop a new mouth cancer next year. "Risk indicators" are things that have been found more commonly in people who get a disease, but they have not been proven to cause it.

Reducing Your Risk

Gum Disease and You

Gum disease is the major cause of tooth loss in adults. It is linked to a higher risk of conditions such as heart disease, stroke and diabetes. Gum disease can be controlled or prevented. Actions may include:

- Not smoking
- Improving diabetic control
- Healthy lifestyle and diet
- Treating existing disease
- Improving oral hygiene

Tooth Decay and You

Tooth decay is preventable. Steps you can take include:

- Brushing twice a day with a fluoride toothpaste
- Cleaning between your teeth with floss or interdental brushes
- Limiting your consumption of sugary foods to mealtimes
- Making sure any repairs to your teeth are in good condition
- Visiting your dentist regularly

Tooth Wear and You

Tooth wear risk is driven by lifestyle risk factors. These include:

- Consumption of acidic food and drinks
- Vomiting/reflux
- Toothbrush wear
- Grinding and clenching

Mouth Cancer and You

Anyone can get mouth cancer, but most people who do:

- Are over 40 years of age
- Use tobacco products
- Regularly drink alcohol

Mouth cancers have also been linked to the HPV 16 virus which can be sexually transmitted. Sun exposure is a risk for lip and skin cancers.

If you notice a red or white patch, ulcer or lump in your mouth that lasts longer than 3 weeks, get checked out.

Please note: ALL types of screening can produce false negatives/positives and NO algorithms are 100% effective.

Your Current Oral Health

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Your Current Oral Health

Your Score

Comfort	You told us you are experiencing pain or discomfort from your mouth.	0 out of 8
Function	You told us that your teeth sometimes restrict what you can comfortably eat.	4 out of 8
Appearance	You told us that you are happy with the appearance of your teeth.	8 out of 8
Soft Tissues	We have noted no areas of current concern.	8 out of 8
Bite	You have sufficient teeth in contact to function normally.	8 out of 8
Tooth Health	Your score indicates that you have no active tooth decay and no restorations.	24 out of 24
Tooth Wear	Your teeth show normal wear for your age.	12 out of 12
Gum Health	Your gums are healthy.	24 out of 24

Total Oral Health Score

88
out of 100

The most important aspect of my oral health to focus on

Clean in-between my teeth once a day with interdental brushes

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