Your Risk of Dental Disease

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.

- Very High Risk
- High Risk
- Moderate Risk
- Low Risk
- 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.

- Very High Risk
- High Risk
- Moderate Risk
- Low Risk
- 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.

- Many risk indicators
- Several risk indicators
- Some risk indicators
- Few risk indicators
- Very few risk indicators

Mouth Cancer Risk

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.

- Very High Risk
- High Risk
- Moderate Risk
- Low Risk
- Very Low Risk

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

**Prepared For:** Emily Anderson  
**Exam Date:** 17/11/2015  
**Prepared by:** Denplan Dentist, The Dental Practice, High Street, Littletown

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

**Total Oral Health Score**

88 out of 100

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