



Elevate Health – Elevate Oral Care

You Are Not Healthy If Your Mouth Is Not Healthy

Mounting evidence links painful and costly oral infections like cavities and gum disease to diabetes, heart disease, pneumonia and preterm, low-birth-weight babies. These infections are almost totally preventable. When your risk factors increase, your oral health professional will advise you on treatments backed by the latest research to put you on the path towards a healthy mouth and thus a healthy body.

Determining Oral Risk Factors

The current state of your oral health and a forward-looking risk assessment will be compiled. Then a plan of action for prevention, including potential new in-office and at-home interventions, may be recommended.

Your frank feedback on these self-assessment questions will help determine your risk for oral diseases that are costly and painful, but can be prevented.

For Patients 0-5 Years of Age

- Any cavities in the past year? Yes No
- Any family history of cavities? Yes No
- Juice-filled bottle or sippy cup used for sleep? Yes No
- Between-meal candy, sugared snacks, crackers or cereal? (Greater than three times daily) Yes No
- Are teeth brushed less than twice daily and for less than two minutes? Yes No

Your oral health professional will monitor the following for children 0-5 years of age:

- Visible plaque
- Early “white-spot” cavities or cavities forming between teeth
- Lack of regular professional oral health exams
- Elevated levels of cavity-causing bacteria
- Medications and systemic issues affecting saliva flow
- Regular use of an inhaler
- Special care health needs
- Lack of exposure to water fluoridation and a fluoride containing toothpaste
- Deep tooth pits, food traps or defects

For Patients 6 Years and Older

- Any cavities in the past 1-3 years? Yes No
- Between-meal candy, sodas or snacks? (Greater than three times daily) Yes No
- Daily dry mouth symptoms? Yes No
- Food stuck in or between teeth following eating? Yes No
- Are teeth brushed less than twice daily and for less than two minutes? Yes No

Your oral health professional will monitor the following for patients aged 6 years and older:

- Visible plaque or calculus, “white-spot” cavities or cavities between teeth
- Lack of regular professional oral health exams
- Presence of orthodontic appliances
- Gum recession, exposed root surfaces
- Multiple older crowns, bridges or bonded restorations
- Sugary or high acid foods or drinks
- Elevated levels of cavity-causing bacteria
- Dry mouth due to medications or systemic issues
- Chemo/radiation therapy
- Eating disorders
- Drug or alcohol abuse
- Special care health needs
- Lack of exposure to fluoride sources
- Deep tooth pits, food traps or defects



If your oral health professional determines that you are at an increased risk for the development of destructive oral diseases, they will suggest steps to reduce your risk level. These steps may include more frequent office visits, dietary suggestions and modification of high risk behaviors. In-office and at-home treatments may include:

IN-OFFICE

Follow-up Visits

Oral Hygiene Instructions

Bacteria Control

- Chlorhexidine Gluconate 0.12% Oral Rinse
- Silver Diamine Fluoride

Tooth Strengthening Therapies

- Fluoride Varnish
- Silver Diamine Fluoride

Specialty Cleaning Instructions

- Between the Teeth Brushes
- Specialty Cleaning Brushes
- Effective Tongue Cleaning

Soft Tissue Care

- Scaling and Root Planing
- Periodontal Maintenance



AT-HOME

Diet/Behavioral Advice

Bacteria Control

- Chlorhexidine Gluconate 0.12% Oral Rinse
- 0.63% Stannous Fluoride Oral Rinse Concentrate
- Targeted Bacteria Control Agents
- Store Brand Solutions

Tooth Strengthening Therapies

- 1.1% Prescription Fluoride Toothpaste (5000 ppm F)
- 0.63% Stannous Fluoride Oral Rinse Concentrate
- Safety Dosed Children's Toothpaste

Dry Mouth Solutions

- Alcohol-Free Sprays, Gels and/or Rinses
- 1.1% Prescription Fluoride Toothpaste (5000 ppm F)
- Calcium/Phosphate Products

Specialty Cleaning Devices

- Specialty Cleaners and Brushes
- Effective Tongue Cleaning



Other Suggestions: