

**A cavity *must* have 3 things to form:**

- 1. Teeth**
- 2. Bacteria**
- 3. Sugar**

# Cavity Risk Assessment



**First thing is first: Do you have teeth?**      Yes      No

## Second: Analyzing Bacterial Control: Test Your Hygiene Habits

Go through your normal hygiene routine. Do it the same way you *always* do! Do not cheat! (If you cheat, you won't get as much from this). After doing your routine, chew up one disclosing tablets completely. Rinse, then look in the mirror to check out your results. Areas that still have plaque are now stained a color. Record these areas. Adjust and improve your technique. Test yourself again in 1 week. Keep it up until a new and better habit is formed.

Plaque Remaining At:	Worse On:
<input type="checkbox"/> Grooves	<input type="checkbox"/> Front Teeth
<input type="checkbox"/> Gumline	<input type="checkbox"/> Back Teeth
<input type="checkbox"/> Between Teeth	<input type="checkbox"/> Right Side
<input type="checkbox"/> Other	<input type="checkbox"/> Left Side

## Third: Analyzing Sugar Intake

A cavity cannot form without sugar, so keep a close eye on your diet and take note of when you consume foods & drinks that may contain sugar. From your list, try to determine which items may be the "trouble makers". Use a separate sheet of paper if needed to write you observations. Make adjustments or substitutions for those items.

Food/Drink	Amount	Consumed During:	
_____	_____	<input type="checkbox"/> Meal	<input type="checkbox"/> Snack
_____	_____	<input type="checkbox"/> Meal	<input type="checkbox"/> Snack
_____	_____	<input type="checkbox"/> Meal	<input type="checkbox"/> Snack
_____	_____	<input type="checkbox"/> Meal	<input type="checkbox"/> Snack
_____	_____	<input type="checkbox"/> Meal	<input type="checkbox"/> Snack
_____	_____	<input type="checkbox"/> Meal	<input type="checkbox"/> Snack
_____	_____	<input type="checkbox"/> Meal	<input type="checkbox"/> Snack

**Diet Notes:**

Sugary items are less harmful if consumed during meals. Sugar is more harmful directly related to *how long* it stays on your teeth. At the very least, rinse out with water after consuming sugary items. Chewing sugar-free gum after meals and snacks can reduce the harm caused by sugar

