

Stop cavities and prevent new ones.

Facts about your child's oral health.



DentaQuest
INSTITUTE



This is a Partnership

Together we can prevent and manage dental disease.

See inside to learn how to prevent and stop cavities.

The Facts

ABOUT 28% OF PRESCHOOLERS AND 51% OF 6 TO 11 YEAR OLDS HAVE CAVITIES.



preschoolers



6 to 11 year olds

How do cavities form?

- ▶ Cavities are holes in the teeth. When we eat or drink anything sugary or starchy, harmful bacteria in the mouth turn sugar and starches into acids. The acids take good minerals like calcium out of teeth.
- ▶ Frequent eating and drinking of sugary or starchy foods and drinks can lead to more of the harmful bacteria and cavities. This can result in pain and infection (swelling).

How can cavities be prevented and stopped?

- ▶ Snack less often. Drink more water and less juice and sugary drinks.
- ▶ Brush teeth after eating and before going to bed to remove the sugars, acids and bacteria.
- ▶ Fluoride found in drinking water and in toothpaste helps stop cavities by making teeth stronger.

What about fillings?

- ▶ Fixing cavities with fillings or crowns make the teeth look and work better, but they do not fix the problem. *Without a change of diet and home care, new cavities and weaker fillings will result.*

Prevent and Stop Dental Disease

DENTAL DISEASES SUCH AS CAVITIES CAN BE PREVENTED AND STOPPED.

1 Understand Risk

It helps to know your child's risk for cavities. At each visit, we will ask you and/or your child a few quick questions about diet and how you take care of your child's mouth. We call this a risk assessment. We will also check your child's mouth and teeth for changes. We will tell you if your child is at High, Medium, or Low Risk.



2 Work Together

New cavities can happen once the disease is in the mouth. We will work together to prevent and stop new cavities!



3 Use Fluoride

Fluoride helps make teeth stronger. We will talk about how using fluoride in over the counter toothpaste, gels, mouthrinses, and prescription toothpastes can help your child avoid new cavities.



4 Treat and Prevent

We may need to fill cavities. It is very important to take good care of your child's mouth so the fillings stay strong and your child doesn't get new cavities.



5 Visit More Often

This is the schedule we will use to help keep your child's mouth healthy based on his or her risk. During these visits we will check for changes in cavities, do a risk assessment, and apply fluoride varnish.



RISK BASED SCHEDULING

High Risk



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Every
1-3 months

Medium Risk



Every
3-6 months

Low Risk



Every
6-12 months

The DentaQuest Institute is an affiliate of DentaQuest whose mission is to improve the oral health of all.

DentaQuest
INSTITUTE