

Table 1. Updated CAMBRA® Caries Risk Assessment form for ages 6 year through adult (January 2019). Refer to the second page of this form for details and instructions for use.

Patient Name:

Reference Number:

Provider Name:

Date:


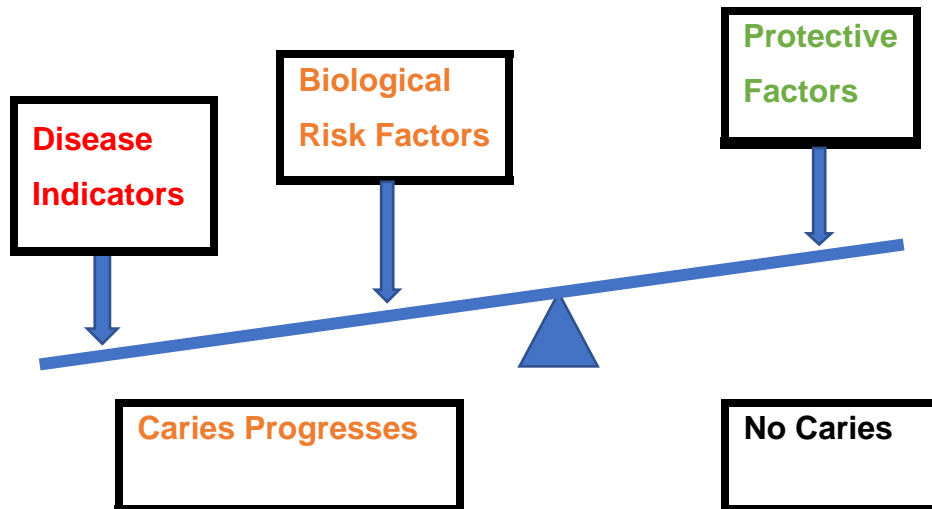
Caries risk component			
Disease Indicators	Check if Yes		
1. New cavities or lesion(s) into dentin (radiographically)			
2. New white spot lesions on smooth surfaces			
3. New non-cavitated lesion(s) in enamel (radiographically)			
4. Existing restorations in last 3 years (new patient) or the last year (patient of record)			
Biological or environmental risk factors		Check if Yes	
1. Cariogenic bacteria quantity- Not currently available			
2. Heavy plaque on the teeth			
3. Frequent snacking (>3 times daily)			
4. Hyposalivatory medications			
5. Reduced salivary function (measured low flow rate)*			
6. Deep pits and fissures			
7. Recreational drug use			
8. Exposed tooth roots			
9. Orthodontic appliances			
Protective factors			Check if Yes
1. Fluoridated water			
2. F toothpaste once a day			
3. F toothpaste 2X daily or more			
4. 5000 ppm F toothpaste			
5. F varnish last 6 months			
6. 0.05% sodium fluoride mouthrinse daily			
7. 0.12% chlorhexidine gluconate mouthrinse daily 7 days monthly			
8. Normal salivary function			
	Column 1	Column 2	Column 3
Final Score: Yes in column 1 indicates high or extreme risk Yes in columns 2 and 3: consider the caries balance Hyposalivation plus high risk factors = extreme risk			
Final Overall Caries Risk Assessment Category (check) determined as per guidelines below			
EXTREME	<input type="checkbox"/>	HIGH	<input type="checkbox"/>
MODERATE	<input type="checkbox"/>	LOW	<input type="checkbox"/>

Table 1 (continued)

Determining the caries risk as low, moderate, high or extreme

Add up the number of “YES” checks for each of the disease indicators (Column 1) and risk factors (column 2). Offset this total by the total number of “YES” checks for protective factors (column 3). Use these numbers to determine whether the patient has a higher risk factor score than a protective factor score or vice versa. Use the caries balance to visualize the overall result and determine the risk level:



This enables a determination of low, moderate or high risk, determined by the balance between disease indicators/risk factors and protective factors. The yes indications are also used to modify behavior or determine additional therapy.

In addition to counting the “yes” checks as described above, the following three modifiers apply:

1. *High and extreme risk.* One or more disease indicators signals at least high risk. If there is also hyposalivation the patient is at extreme risk. Even if there are no positive disease indicators the patient can still be at high risk if the risk factors definitively outweigh the protective factors. Think of the caries balance: visualize the balance diagram as illustrated above.
2. *Low risk.* If there are no disease indicators, very few or no risk factors and the protective factors prevail, the patient is at low risk. Usually this is obvious.
3. *Moderate risk.* If the patient is not obviously at high, or extreme risk and there is doubt about low risk, then the patient should be allocated to moderate risk and followed carefully, with additional chemical therapy added. An example would be a patient who had a root canal as a result of caries 4 years ago, and has no new clinical caries lesions, but has exposed tooth roots and only uses a fluoride toothpaste once a day.