

Caries Risk Factors

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Conditions that affect caries risk may include:

- Poor oral hygiene (visible plaque).
- High titers of cariogenic bacteria.
- Prolonged nursing (bottle/breast).
- Poor family dental health or dental history.
- Genetic abnormality of teeth.
- Chemo/radiation therapy.
- Many multi-surface restorations.
- Eating disorders.
- Drug or alcohol abuse.
- Smokeless tobacco use.
- Irregular dental care.
- High sucrose diet.
- Active orthodontic treatment.
- Exposed root surfaces.
- Overhangs and open margins.
- Physical or mental disability.
- Low socioeconomic status.
- Inadequate fluoride exposure.
- Medication or disease-induced xerostomia.

Caries risk assessment may ultimately be used to help determine the type and frequency of treatment allowed. The higher the caries risk, the more frequent the preventive schedule and more aggressive the treatment indicated.