

DENTAL FITNESS REPORT CARD

For _____

Date _____

Plaque Control % _____ **Bleeding Control %** _____

Dental Fitness Category _____

Our Responsibility: Todays visit included:

- Medical/dental Review and update
- Discussions about health and disease
- Oral cancer/soft tissue exam
- Gum tissue health/risk exam/dental fitness
- Tooth Health/Risk Exam
- Biting force/Risk Exam
- Photos
- TMJ Evaluation
- Professional dental hygiene care /cleaning
- Professional Hygiene therapy
- Professional Hygiene Deep Therapy
- Radiographs (x-rays)
- Education for Home care
- Other

Your Responsibility: How you can help yourself:

- Commit/ Follow daily home care routine
- Keep all your dental appointment
- Follow through with Optimal Dental health care
- Ask questions if you do not understand, we are committed to your success
- Use recommended products /protocols

OPTIMAL ORAL HEALTH

Optimal means the most favourable plan for you to preserve your teeth and reach your personal health goals. The prime causes of tooth loss and dental problems are Plaque, Lack of Knowledge, and Apathy.

Goals I have set for my Dental Health

Dental Fitness Program

Today it is possible to change a mouth from one that is in disrepair with cavities and gum disease to one that is in a state of health. All that is required is a slightly different approach with more knowledge and understanding on your part as to HOW and WHY disease occurs.

At your dental fitness appointment, a complete evaluation of all oral systems will be completed and together they will give us more complete picture of your present state of Dental Fitness, tell us your RISK level for future prevention of dental disease, and help us PREVENT dental disease in the future.

Gum disease is one of the leading causes of loss of teeth in adults. Decay is typically a childhood disease that stops around the age of 20. From that time forward, the bacteria that form in our mouths tend to be more involved with producing gum disease than any other dental problem for adults.

Objectives of the Dental Fitness Program

- Prevent dental disease from occurring in the first place.
- Identify disease processes in the early stages, stop it and control disease to preserve natural teeth
- Maintain and Restore the tissues of your mouth to Optimal Health with corrective procedures, if necessary.
- Give you objective feedback on the state of your dental health

INFORMATION FOR YOU

Primarily the **DENTAL FITNESS REPORT** is a communication tool. It gives us an objective manner to evaluate your present dental gum condition and present the information to you in a useful manner. What you do with this information is your choice. My decision as a dentist is to be thorough and objective. Ethical integrity says we must be thorough in our evaluation and be truthful as to the benefits of the treatment but also be direct and honest regarding problems associated with patient neglect. Periodontal Bleeding Index: it is unhealthy for gums to bleed in any place at any time. When gums bleed, active destruction is taking place. The bleeding index is converted into a percentage of Fitness:

- **92%-100%=Excellent Fitness**
- **87%-91%=Marginal Fitness**
- **86% and Below %=Active disease and potential for decay and gum disease**

Periodontal Fitness/Disease Categories: The depth of the sulcus (space around your tooth) along with the plaque and bleeding scores is converted to a category of fitness or disease. All your preventive efforts are aimed at the control of plaque and the prevention of gum disease.

DENTAL FITNESS PROGRAM

Categories of Fitness or active Disease

- Category 1** Fitness level: minimal plaque, no tartar, no tissue changes
- Category 2** Fitness level: little or some plaque, minimal tartar, little to no bleeding, no evidence of permanent damage.
- Category 3** Marginal Disease: plaque is evident, some tartar, gum tissue slightly red and swollen, pocket depths are 3mm or less. This is the threshold before permanent changes take place and is the first stage of gum disease
- Category 4** Marginal Disease: Plaque is evident, tartar is present above and below the gum line, tissue are and swollen, pocket depths of 4mm or less. This the beginning of irreversible pocket formation and bone changes.
- Category 5** Active Disease: Plaque is evident, tartar is present above and below gum line, tissue red, swollen and bleeds, pocket depths of 5mm or less. Bone loss is present and not reversible.
- Category 6** Active Disease: plaque is uncontrolled, increased amounts of tartar above and below the gum line, tissue red, swollen, bleeds easily, pocket depths are 6mm or less. Bone loss is present and not reversible
- Category 7** Active Disease: Plaque is out of control, large chunks of tartar present above and below the gum line, tissue red, swollen, bleeds easily, teeth may be loose, pocket depths of 7mm or less
- Category 8** Severe disease: deep pockets, mobile teeth, vertical bone loss, highly inflamed gums.
- Category 9** Severe disease: unsuccessful treatment, patient not participating in home care.