

Caries Risk Factors

INCREASES RISK

- Poor oral hygiene
- Growing up without access to fluoride
- Deep pits and fissures
- Diet high in fermentable carbohydrates

HIGH RISK

- Xerostomia (low salivary flow/poor quality of saliva)
- Active caries
- Caries incidence within 3 years
- Incipient caries/demineralization
- Orthodontics
- Recreational drug use
- Extensive restorations
- Removable partial dentures
- Fixed partial dentures
- Smoking
- Contact with cariogenic bacteria
- Poor host response

Dental caries is a multifactorial infectious disease. Some factors contribute to caries risk (“Increases Risk”), and some factors present an immediate high risk (“High Risk”) for the development of dental caries. If many high risk factors are present, the patient will be at an extremely high risk for dental caries, and additional preventive measures should be taken to prevent the development of disease.