



Preventive management of Dental caries using Cariogram

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I. Introduction

Dental caries has a multifactorial etiology in which there is the interplay of three principal factors: the host (saliva and teeth), the microflora (plaque), and the substrate (diet), and a fourth factor: time. The risk of dental caries can be evaluated by analyzing and integrating several causative factors.

Cariogram is a new way to illustrate the interaction between caries related factors. This educational interactive program has been developed for better understanding of the multifactorial aspects of dental caries and to act as a guide in the attempts to estimate the caries risk.

II. Case Presentation

Caries related factors (Caries experience, related disease, diet contents and frequency, plaque amount, Strip mutans test, Fluoride program, saliva secretion, buffer capacity, clinical judgment) were recorded for Preventive program. To build a Cariogram, scores for the caries related factors were entered. The Cariogram helps us to illustrate and explain the situation to the patient.

Case 1

Sex/Age: F/24

Case 2

Sex/Age: M/44

Case 3

Sex/Age: M/46

III. Conclusion

Dental caries is a disease that can be successfully prevented or controlled. It is an important task for the dental team to teach individuals to take correct actions to minimize the risk for the disease. It is also possible to identify and evaluate factors of importance for cavity formation.

The need for predicting the caries risk accurately is obvious, as targeted preventive actions can be directed to those having a high caries risk, before cavities could develop. Naturally, if the main etiological factors could be identified, suitable treatment for that particular individual can be carried out with good result.