Caries Risk Assessment Form

Factors increasing risk for future cavities may include, but are not limited to:

**High Risk Factors**
- 3 or more carious lesions/restorations in last 36 months
- Teeth missing due to caries in last 36 months
- Cariogenic diet (frequent high sugar and acidic food/drinks)
- Xerostomia (medication, radiation, disease induced)
- Chemo/radiation therapy
- Physical or mental disability which prevents proper oral health care

**Moderate Risk Factors**
- Active caries in previous 12 months
- Poor oral hygiene
- High titers of cariogenic bacteria
- Active orthodontic treatment (fixed or removable)
- Poor family dental health
- Genetic abnormality of teeth
- Suboptimal fluoride exposure
- Irregular professional dental care

**Diagnosis**
- Low Risk = no factors checked
- Moderate Risk = only moderate risk factors checked
- High Risk = at least one condition in high risk checked

**Proposed treatment for improved prognosis:**

The American Dental Association recommends the use of in-office fluoride varnish or a 4 minute (APF) gel every 3–6 months and home use prescription strength fluoride toothpaste or rinse for patients who are at an elevated risk for caries.¹

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¹ This form is adapted from the American Dental Association Publications — Caries Risk Assessment Form (Age > 6)