



SUNITA MERRIMAN, DDS

GENERAL AND AESTHETIC ENHANCING DENTISTRY

IMPROVING THE LIVES OF OUR PATIENTS

Preventive care for high risk patients

CAMBRA PROTOCOL

Caries management by risk assessment (CAMBRA) is an evidence-based approach to prevent or treat the cause of dental caries at the earliest stages rather than waiting for irreversible damage to the teeth. The higher the severity of the risk factors, the greater the intensity of protective factors must be in order to reverse the caries process. These protective factors include a variety of products and interventions that will enhance remineralization and keep the balance between pathology and protection of the patient's oral health. The Caries Imbalance model uses the acronym "SAFE" to describe the following four protective factors:

1. Sealants
2. Antimicrobials or antibacterials (including xylitol)
3. Fluoride and other products that enhance remineralization
4. Effective lifestyle habits

Caries is a chronic disease process that must be monitored overtime to be effectively managed. Patients, who currently have dental caries or are genetically susceptible to caries, are high risk patients. Presence of carious lesions is a very strong indicator that caries will progress to produce more cavities unless we intervene with chemical therapy to lower bacterial challenge and increase remineralization. Other factors that put a patient in the high risk category for dental caries are:

- Dry mouth (can be caused by many medications or mouth breathing)
- White spots visible on smooth surfaces of teeth
- Certain cancer treatments (Radiation and Chemotherapy)
- Gastroesophageal reflux disease (GERD)
- Worn fillings or dental devices
- Plaque accumulation due to inadequate brushing and poor dietary habits
- Extensive existing dental work
- Limitation of manual dexterity

Our practice is committed to customized care for you that reduces the risk of disease and promotes overall health and well being.

229 Charles Street Westfield, NJ 07090

Phone: 908.389.0222 Fax: 908.389.0223

www.DoctorMerriman.com

email: Info@doctormerriman.com