

# Dental Fitness

## *A description of our program*

### **Program Description**

Today we did an oral cancer screening and cavity detection exam for you. We also performed several evaluations to determine your present level of dental fitness. These evaluations show us your present potential for dental disease. They help us help you prevent future dental disease.

We used 3 measuring standards to complete your dental fitness report:

1. Periodontal Bleeding Index
2. Plaque Control Index
3. Periodontal Fitness Category

### **Periodontal Bleeding Index**

We probed every side of every tooth. We noted areas that bled easily when probed. By comparing these areas to the total number of sides of the teeth, we arrived at your Bleeding Index. We converted this to a percent of fitness:

92-100% = excellent fitness  
87-91% = marginal fitness  
86-lower = active gum disease

### **Plaque Control Index**

We recorded all areas of plaque you had at the gum line of your teeth. By comparing the total number of areas in which you could *possibly* have plaque to the number of areas you *actually* had plaque, we arrived at your Plaque Control Index. We converted this to a percent of fitness:

92-100% = excellent  
87-91% = marginal  
86-lower = active gum disease

### **Periodontal Fitness (Disease) Categories**

We probed every side of every tooth to measure the depth of the space between the tooth and its surrounding gum. This is called *pocket depth* and it is the most important measurement in assessing the degree of periodontal disease. It tells us your category of periodontal fitness.

The fitness Report you received shows the results of all the evaluations we did. It lists the mutual responsibilities necessary to achieve optimum dental health. It states the recommended treatment needed to achieve these goals. It describes the categories of the dental fitness program. The recordings and graphs made today will be kept in your chart. At every checkup (maintenance) appointment we will recalculate each index, compare the results to your most recent fitness report and present a new and up-to-date treatment plan. Each of your maintenance appointments will be a time for renewed commitment and involvement in your quest for dental health.

### **Objectives of the Dental Fitness Program**

1. To preserve and protect your natural teeth.
2. To maintain your optimal dental health.
3. To identify disease processes in your mouth in early stages.
4. To arrest and control existing disease in your mouth.
5. To prevent dental disease from occurring in your mouth.
6. To restore any diseased area in your mouth.
7. To provide you with complete, up-to-date, objective information about the state of your dental health.

*We welcome your questions. We will provide the assistance necessary to enable you to achieve the best level of oral health that you can have.*

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