



OraRisk[®] Caries - FAQ

Why Do I Need This Test - Can't My Dentist Find Cavities?

This test can alert you to a developing risk BEFORE you develop cavities and permanently damage your teeth. Caries, known to most of us as cavities, is caused by acid from oral bacteria that we can identify and measure using a sensitive laboratory test.

What If I Already Have Cavities?

After treatment you may still have harmful bacteria that put you at further risk. Particularly if you have a history of cavities, consider monitoring bacteria levels to know whether your oral care is effective and whether you need to do more.

How Did I Get Harmful Oral Bacteria?

Bacteria levels and your body's ability to fight them are affected by genetics, environment and lifestyle. They can be transmitted by contact (like kissing), and their ability to thrive depends on many factors including oral hygiene, dietary sugar, hormones from pregnancy, disease, dentures and braces.

What Bacteria Do You Look For?

3 species are associated with > 80% of Caries - *Strep mutans*, *Strep sobrinus* and *Lactobacillus casei*. (Note: *L. casei* is sometimes used as a probiotic for gut health, but increases Caries risk when found in the oral microbiome).

What Can I Do if the Test Shows a High Risk?

A high risk result generally means you need to do more. Ask your dentist to help you plan professional care, home care, and diet.