What’s your current risk for getting cavities?

- Low Risk
  - Fluoride Use
  - Brush/Floss
  - Germ Control
  - Good Saliva
  - Health Snacks/Drinks
  - Water

  15.5%* of the population

- Moderate or High Risk
  - Sugary Beverages & Snacks Between Meals
  - Recent Cavities
  - Dry Mouth
  - Multiple Moderate Risk Factors

  84.5%* of the population

What Can I Do To Prevent Cavities?

What are your oral health goals? Which steps can you take toward those goals?
The more input you have in choosing your goals, the more likely you are to achieve them.

**In-Office Strategies**
- More Frequent Dental Visits
- Options to Strengthen Your Teeth
- Protect Your Teeth
- Options for Germ Control

**At-Home Strategies**
- Improve At-Home Cleaning
- Prescriptions to Strengthen Your Teeth
- Fewer Snacks, Healthy Options, More Water
- Options for Germ Control

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