

# Individual periodontal risk assessment

Patient

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Patient

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Operator

# Calculating the patient's risk level

Name and Surname .....

Risk factor/indicator	Score
Smoking habit	0 points (green), 1 points (yellow), 2 points (orange), 3 points (red-orange), 4 points (red)
Diabetic status	0 points (green), 2 points (orange), 4 points (red)
Number of pockets $\geq$ 5 mm	0 points (green), 1 points (yellow), 2 points (orange), 3 points (red-orange), 4 points (red)
Gingival inflammation (Bleeding on probing score, %)	0 points (green), 1 points (yellow), 2 points (orange), 3 points (red-orange), 4 points (red)
Bone loss/age ratio	0 points (green), 2 points (yellow), 4 points (orange), 6 points (red-orange), 8 points (red)
<b>Total score</b>	..... <b>points</b>



Date ...../...../..... risk level is: \_\_\_\_\_

low risk    low-medium risk    medium risk    medium-high risk    high risk

Date ...../...../..... risk level is: \_\_\_\_\_

low risk    low-medium risk    medium risk    medium-high risk    high risk

tear the bottom part and leave it to the patient

## What is your risk level?

Patient .....

Date ...../...../.....

your level of risk is: \_\_\_\_\_

low risk    low-medium risk    medium risk    medium-high risk    high risk

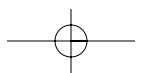
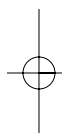
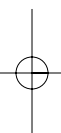
The correct implementation of preventive and therapeutic procedures (as reported in the right column of this page) results in a better chance of maintaining a healthy, functional and esthetically acceptable dentition for a long time.

### NEXT APPOINTMENT

date ..... hour .....

## How can you change your risk level?

- you must improve your brushing technique:
  - Bass       Roll       Electric toothbrush
- you should use a mouthrinse containing antimicrobial agents:
  - you should use devices for interdental oral hygiene
    - floss       interdental brush       superfloss
- you have to reduce/eliminate the consumption of cigarettes
- you should improve your diabetic status (diabetologic consultation recommended)
- you should reduce the depth of the pockets:
  - with non surgical therapy    with surgical therapy
- you should undergo osseous reconstructive surgery
- you should undergo professional oral hygiene sessions every ..... months



# Individual periodontal risk assessment



*edited by*

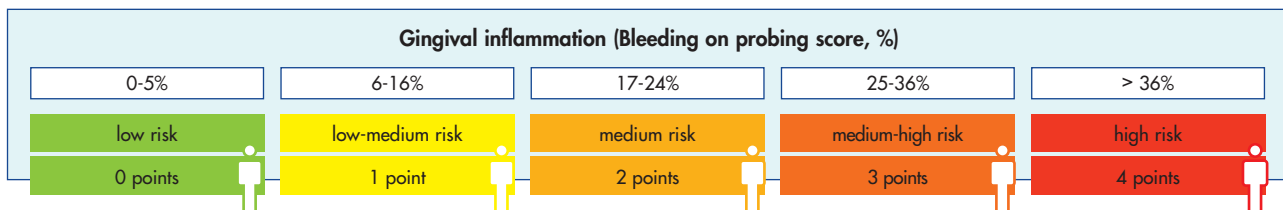
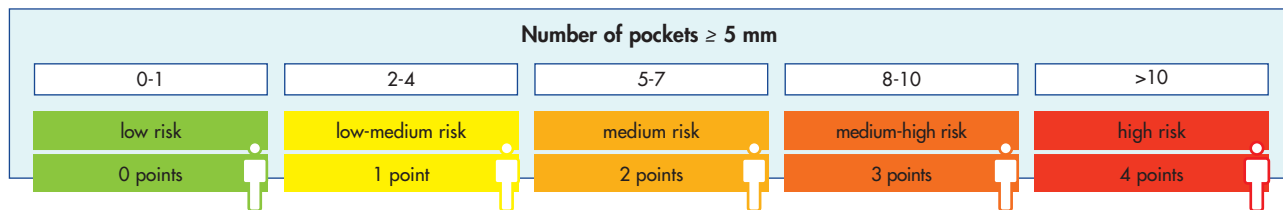
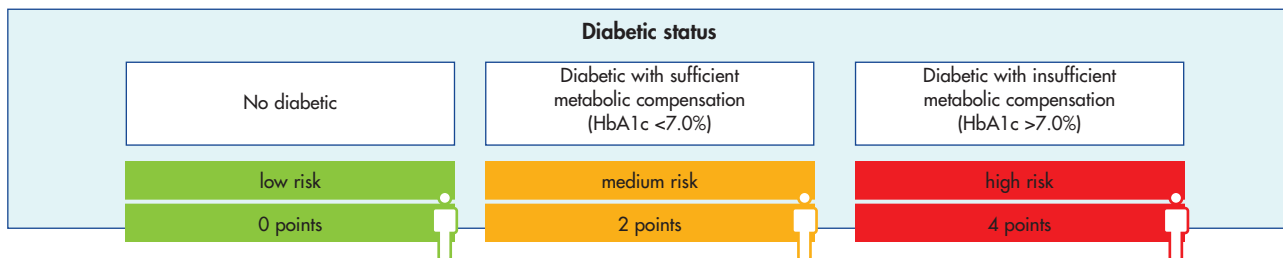
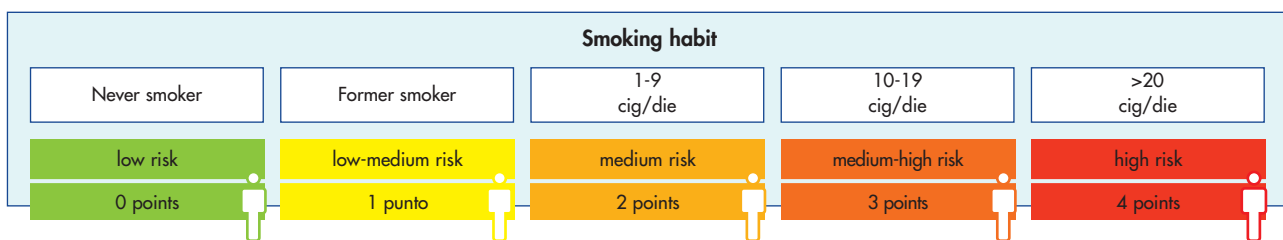
**Prof. Dr. Leonardo Trombelli**  
**Dr. Roberto Farina**

# The calculation of the individual risk level.

In calculating the individual risk level, only those factors/indicators with proven scientific validation and characterized by easy and rapid evaluation by the Dentist were included.

While limiting the completeness of the method, this approach has made it possible to formulate an effective risk assessment tool of simple clinical application.

1. Use the diagram below to assign the score for each individual risk factor/indicator: within each risk/risk indicator scheme, tick the box corresponding to the patient's specific risk. You will then obtain the risk score for that factor / indicator.



**Bone loss age/ratio**  
Number of teeth with bone loss ≥ 4 mm

		0	1-3	4-6	7-10	>10
age (years)	0-25	0 points	8 points	8 points	8 points	8 points
	26-40	0 points	6 points	6 points	8 points	8 points
	41-50	0 points	4 points	4 points	6 points	8 points
	51-65	0 points	2 points	4 points	6 points	8 points
	>65	0 points	0 points	2 points	4 points	6 points

2. Sum the scores in the summary table: report the sum of the 5 scores obtained in the table to the side. By adding individual scores you will get the "total score" that defines the overall risk level of the patient.

3. Recommend the most appropriate therapy to the patient (see table to the side). High risk subjects should follow specific preventive or therapeutic programs to decrease the risk level. Low-risk subjects will have to persevere in preventive and therapeutic measures that help maintain the risk level constantly low.

