



# Dental Fitness Report




**Precision Dentistry**

**Partners in Health**

Restorative & Cosmetic  
Dentistry

With a Focus on Communicating  
Foundational Preventive  
Oral-Health Concepts



## Oral Hygiene Recommendations

Use a soft toothbrush. A stiff brush will not reach areas between teeth and under gum line where bacterial infection begins.

Brush using a very short stroke or circular motion which works the bristles of the brush as far in between teeth and below the gum line as possible.

Attempt to reach the bottom of all periodontal pockets with the bristles of the toothbrush.

Use dental tape, floss or a Proxabrush daily to clean areas between teeth that can't be reached by a toothbrush.

As you floss, wrap the dental tape or floss around each tooth and scrub the root surface well below the gum line.

Because of the way bacteria multiply (by doubling their numbers every few hours) you will get more benefit from a single, thorough brushing and flossing than from multiple "quickie" cleaning jobs. A careful plaque removal will give your tissues time to recover from the effects of these toxic germs

## Dental Fitness Report

For: **CARBIS, DEBORAH**

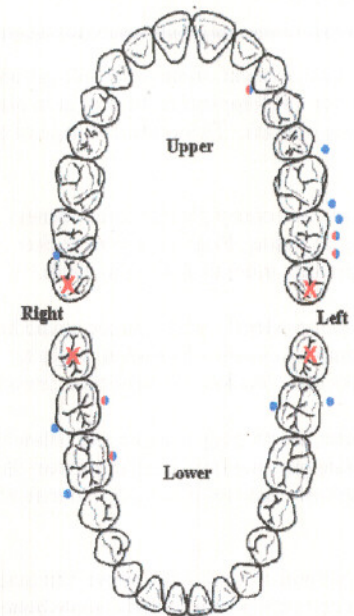
Date: **3/9/2005**

Plaque Control Index: **88 %**  
 Periodontal Bleeding Index: **95 %**  
 Periodontal Fitness Category: **3**  
 # of Areas with Plaque: **13**  
 # of Areas with Bleeding: **5**  
 Missing Teeth: **4**  
 % Teeth Missing: **12 %**

### Services Performed Today

<input type="checkbox"/>	Oral Cancer Exam
<input type="checkbox"/>	Caries (decay) Exam
<input type="checkbox"/>	Dental Fitness Exam
<input type="checkbox"/>	Radiographs (x-rays)
<input type="checkbox"/>	Periodic Cleaning
<input type="checkbox"/>	Initial Scaling
<input type="checkbox"/>	Root Cleaning
<input type="checkbox"/>	Fluoride Treatment
<input type="checkbox"/>	Hygiene Instruction

## Areas of Concern



### Legend

- Blue Dots = Plaque
- Red Dots = Bleeding to Touch
- Green hyphens = Pocket depth is 4 or greater
- X Missing Tooth

Other problem areas such as decay, abscess or other infection are also marked in red.



## Categories of Dental Fitness or Disease

Category 1 Minimal plaque, no crusty plaque, no significant soft tissue change.

Category 2 Some Plaque, minimal crusty plaque, gum tissues are basically healthy.

The following Categories; 3 through 9 describe active gum disease in varying degrees!

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Category 3 Plaque is evident, some crusty plaque above the gum line. Some swelling and redness of gum tissues, no significant gum pockets. This is the 1st stage of gum disease.

Category 4 Plaque and crusty plaque, some redness and swelling of the gum tissue. Beginning gum pocket formation. No pockets more than 4mm in depth.

Category 5 Plaque, moderate crusty plaque, some below the gum line, gum tissues red and swollen, slight to moderate gum pockets. Pockets no more than 5mm deep.

Category 6 Plaque, crusty plaque above and below the gum line, moderate gum pockets, none more than 6mm deep. Soft tissues infected and inflamed. No major bone defects.

Category 7 Plaque and crusty plaque above and below the gum line, moderate to deep gum pockets, some bone loss, possibly some loose teeth. No pockets more than 7mm deep.

Category 8 Deep gum pockets, loose teeth, bone loss, abscesses (rampant infection).

Category 9 Patient uninterested in help or improvement.

*There is only one person in the world  
who can save your teeth.*

*Your ability to prevent bacteria from  
accumulating on your teeth and in the  
pockets beside them will determine,  
more than anything else, whether you  
keep your teeth for life or not.*

*If you wish to prevent the disintegration  
of your teeth and their support  
structures, you must be at least 90  
percent effective in your control of  
plaque and bleeding*



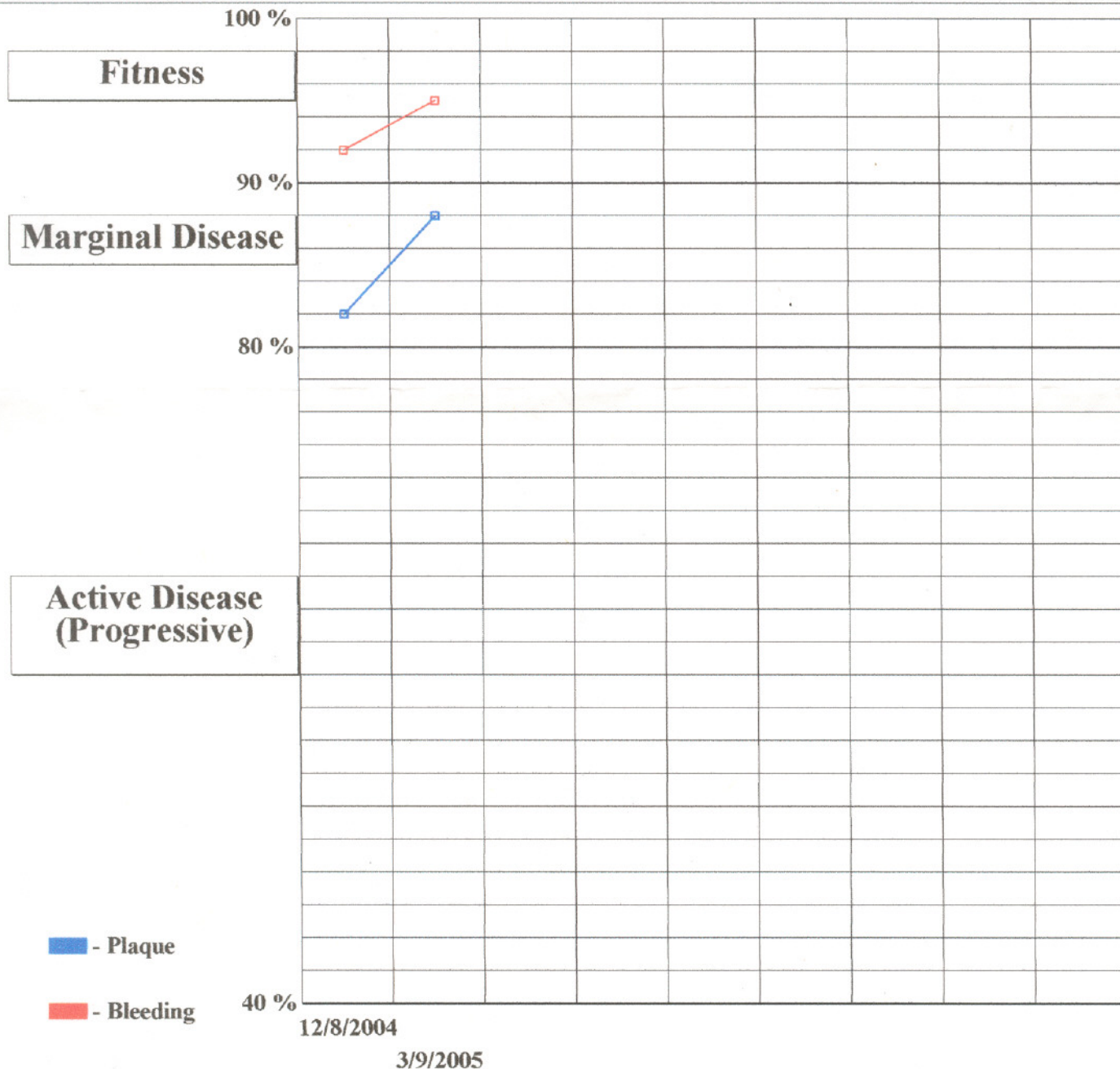
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# Dental Fitness Record

Patient: CARBIS, DEBORAH, Date: 10/20/2005

Plaque Control Index	82%	88%							
Bleeding Control Index	92%	95%							
Dental Fitness Category	3	3							
# of Surfaces with Plaque	29	13							
# of Areas with Bleeding	12	5							
Missing Teeth	4	4							
% Teeth Missing	12%	12%							



CARBIS, DEBORAH, you are currently at 88% effectiveness in plaque control and 95% effectiveness in bleeding control. It is very important to reach and maintain 90% in these two categories to maintain your dental fitness and to keep your teeth.