

RISK ASSESSMENT QUESTIONS:

Question guide to help screen patients for enamel wear



These questions are a guide to **help you discuss enamel wear with your patients** and learn if they are at risk or have begun to develop early enamel erosion.

1

How often do you eat/drink acidic foods/ drinks, such as citrus fruits and juices, carbonated drinks and energy drinks?

Acidic foods and drinks are a risk factor for enamel erosion. Their erosive potential is dependant on chemical factors such as pH level, mineral content, and titratable acidity.¹

2

Do you take multiple medications every day?

Patients may be at risk of enamel wear due to:

1. Reduced saliva as a result of medications such as antidepressants and antihistamines²
2. Acidic medicines such as Vitamin C.²

3

Do you often find yourself with dry mouth, including when you are working out?

Saliva dilutes and reduces acids through swallowing, neutralization and buffering, as well as contains proteins and minerals that help prevent erosion.³

4

Do your teeth feel any sort of sensitivity?

Sensitivity to teeth can be a warning sign of enamel erosion due to the loss of some enamel protection to your teeth.⁴

5

Have you noticed any changes in your teeth, such as smoothing, yellowing or shape changes?

The first signs of enamel erosion include:

1. Surface changes – smooth, silky glossy appearance⁵
2. Enamel thinning and translucency, which causes yellowing of the teeth⁶
3. Loss of enamel surface morphology.⁵

6

Do you brush your teeth with fluoride toothpaste?

Fluoride acts to reduce demineralisation and enhance remineralisation, making it a suggested treatment for erosion.³

7

Do you tend to brush your teeth less than an hour after eating?

Brushing your teeth less than an hour after eating acidic foods can cause enamel abrasion.⁷

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