

Q&A ABOUT TOOTH DECAY WITH Mindy Salzberg-Siegel, D.D.S.

Tooth decay, also known as caries, is the most widespread chronic disease in children, adolescents and adults in the U.S. If left untreated, then dental decay can lead to an entire host of potentially more serious oral health issues, making prevention one of the primary concerns for both dentists and their patients.

At the office of Mindy Salzberg-Siegel, D.D.S., she and her team utilize advanced technology and a proven anti-cavity tool called Caries Management By Risk Assessment, or CAMBRA. Depending on the risk level a patient might have for tooth decay, the CariFree system of decay prevention may also be recommended.

Q. What are the benefits of CAMBRA and the use of the CariFree system?

A. The primary advantage of the CAMBRA model is that it emphasizes the need to consider all caries contributing risk factors. The patient's individual level of risk, as well as the appropriate methods of treatment and prevention using CariFree, is paramount to successful recovery from dental decay and health complications it may cause.

Q. What is the CariFree decay prevention system?

A. This revolutionary line of anti-cavity products alters and improves the oral environment effectively to promote a healthier pH balance and encourages the development of beneficial bacteria. It is a system that incorporates rinses, tooth gels, oral wipes, sprays and gum that can aid in the prevention of tooth decay.

Q. How does a patient know they are at "high risk" for tooth decay?

A. Patients can ask themselves these questions:

- Do you ever notice plaque buildup on your teeth?
- Have you had a cavity in the past 24 months?
- Do you ever notice your mouth is dry?
- Do you snack between meals?
- Do you wear any type of oral appliance?
- Do you smoke?
- Do you have acid reflux or heartburn?
- Are you diabetic?

If you answered "yes" to any of these questions, then you can contact the office of Mindy Salzberg-Siegel, D.D.S., to schedule your individualized assessment.



About the Expert:

Mindy Salzberg-Siegel, D.D.S., and her team are dedicated to continuous learning, the most current advanced dental treatments for all phases of dentistry, and helping her patients achieve their vision for life-long health.

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