

Teeth wear / questionnaire



LASSMANN
EDUCATION

Developmental Factors:

Do you have a history of genetically soft teeth or abnormal salivation due to a specific syndrome?

YES NO

Is toothwear prevalent in your family?

YES NO

Where did you reside during the first 12 years of life?

Was the water fluoridated or were you administered fluoride supplements?

YES NO

Were you prescribed tetracycline during childhood?

YES NO

Explanation: The developmental phase of a patient's life can significantly influence the condition of their teeth. Certain genetic conditions or environmental factors, such as exposure to fluoride or tetracycline, may have lasting effects on dental health.

Attrition Factors:

Has anyone you live with mentioned that you grind your teeth while sleeping?

YES NO

Do you find yourself tossing and turning at night, throwing off the duvet?

YES NO

Do you snore during the night, feel unrested upon waking, or have been diagnosed with sleep apnea?

YES NO

Upon waking, do you experience tense muscles of mastication or joint aches?

YES NO

Do you habitually move your jaw forward so that the edges of the front teeth are touching?

YES NO

Have they had emotional stress, anxiety attacks, attention deficit and hyperactivity disorder or depression?

YES NO

Do you tend to clench your teeth or position them differently than usual during stress or intense mental work?

YES NO

Has a dentist ever attributed your toothwear problem to nocturnal teeth grinding (bruxism)?

YES NO

Do you wear a nightguard?

YES NO

If so, has it been helpful? (Show it to your dentist.)

YES NO

Explanation: Sleep apnea or even simple snoring is associated with episodes of nocturnal grinding. Additionally, patients relax their chewing muscles by protruding the jaw or placing the tongue between the teeth. Stress during the night and during the day, as well as increased concentration, also contribute to more frequent episodes of bruxism.

Abrasion Factors:

Does your occupation or hobbies expose you to industrial abrasives such as diamond, carborundum, or silica dusts? YES NO

Do you play a reed musical instrument that is placed between your teeth? YES NO

Do you have habits like breaking thread, holding pins or nails, biting pencils or fingernails? YES NO

Do you ever find yourself holding your tongue between your front teeth? YES NO

Do you prepare your own bread using stone-ground flour? YES NO

Explanation: Abrasion results from mechanical forces or habits which could be related to one's occupation, hobbies, or specific practices.

Toothbrushing Factors:

Do you use a hard toothbrush? (demonstrate your brushing technique) SOFT HARD

Are you left or right-handed? LEFT-HANDED RIGHT-HANDED

What type of toothpaste do you use regularly: gel or paste? PASTE GEL

Does it contain fluoride? YES NO

Do you brush your teeth more than twice a day? YES NO

Do you use toothpicks? YES NO

Have you used obtundent toothpaste for sensitive teeth? YES NO

Have you attempted to remove tobacco stains from your teeth using bleach or abrasive toothpastes? YES NO

Explanation: The choice of toothbrush, toothpaste, and brushing technique can influence toothwear.

Dietary Factors:

Do you often eat fresh fruit? TAK NIE

Do you take a vitamin C supplement, in powder form or chewable tablet? TAK NIE

What beverages do you prefer with meals: WATER MILK 100% JUICE WINE
FIZZY DRINK OTHER

What type and brand of soft drink do you prefer?

Is the drink regular or diet? REGULAR DIET

How many bottles or cans do you consume weekly?..... 0 1-2 3-5 5-10 10-20 >20

Are you on a weight loss regimen or a special diet for any reason? YES NO

Do you ever consume vinegar or lemon water? YES NO

Do you ever engage in fasting? YES NO

Explanation: Dietary habits, especially the consumption of acidic or abrasive foods and beverages, play a crucial role in toothwear.

Gastric factors:

Do you suffer from indigestion symptoms such as bloating, heartburn, or sour regurgitations? YES NO

Has your indigestion been examined through tests and endoscopy? YES NO

Have you experienced frequent vomiting for any reason? YES NO

Do you suffer from bulimia nervosa? YES NO

Explanation: Gastric issues can significantly impact toothwear through acid reflux or direct acid exposure.

Sports factors:

What sports do you engage in?

Do you frequently swim in a pool with chlorinated water? YES NO

Have you modified your diet to enhance performance? YES NO

Do you consume water, sports drinks, or nutritional supplements? YES NO

Do you find yourself positioning your teeth differently than usual while performing strenuous exercises? YES NO

Explanation: Physical activity can affect tooth wear and also their dissolution through chlorinated water or sports-enhancing beverages.

Social Factors:

Does your social recreation involve alcohol? YES NO

What is your alcohol preference: beer, wine, or spirits? BEER WINE STRONG ALKOHOL

How many drinks do you have per week?.... 0 1-2 3-5 5-10 10-20 >20

Have you had any alcohol-related problems? YES NO

Is your occupation dehydrating or does it entail overnight or shift work? YES NO

What do you consume to stay awake?

Have you ever used recreational drugs or narcotic medications? YES NO

Do you smoke cigarettes or use nicotine-containing smoking substitutes? YES NO

Explanation: Alcohols such as red wine, as well as acidic drinks and energy beverages, have a dissolving effect on tooth enamel. Additionally, caffeine, nicotine and narcotics significantly increases the frequency of teeth grinding.

Medical Factors:

Do you have any systemic medical conditions such as asthma, diabetes, or hypertension? YES NO

Are you currently taking or have you taken in the past any antidepressant, anticonvulsant, or ADHD medications? YES NO

Have you ever undergone cancer therapy? YES NO

What medications are you on? Include the frequency and dosage	NAME	DOSE	FREQUENCY

Do you suffer from a dry mouth? YES NO

Do you also have dry eyes and joint issues? YES NO

Are you undergoing hormone replacement therapy? YES NO

Explanation: Certain medical conditions and medications can impact salivary flow and toothwear. Some medications from the anticonvulsant, antidepressant, and ADHD drug groups significantly increase the frequency of bruxism.

