

Sudoku on "Caries Risk Assessment"

R Sathyanarayanan, Carounanidy Usha

Division of Conservative Dentistry and Endodontics, Rajah Muthiah Dental College and Hospital, Annamalai University, Chidambaram, India

How to cite this article:

Sathyanarayanan R, Usha C. Sudoku on "Caries Risk Assessment". J Conserv Dent 2005;8:45-6

Sudoku on "Caries Risk Assessment"

The concept of "Caries Risk Assessment" is redefining the management of Caries disease. It gives an insight into the treatment of Dental caries as a disease and as a lesion independently. While we are trained well in the treatment of caries lesion, management of caries as disease process is still at its infancy. CRA (Caries Risk Assessment) includes analysis of General Medical / Dental history and Habitual history, Dietary analysis, Clinical examination, Salivary analysis and Microbiological analysis. The factors comprising general and dental history are susceptible age factor, past history of extraction due to caries, past history of restoration doesn't for caries, medical history predisposing to caries, familial tendency and socio economic status. Habitual history includes oral habits and oral hygiene habits. Dietary analysis can be obtained by a 3 day diet chart of the patient. Clinical examination should include presence of active caries, two or more proximal / anterior caries and presence of restorations done for caries. Salivary flow, pH and buffering capacity will be obtained from salivary analysis. Microbiological analysis will indicate the Mutans streptococci and Lactobacilli count. The results of the investigative protocol will direct whether the patient falls under high, moderate and low caries risk.

An attempt has been made to bring science and fun together so that the concept can be well driven in side the "open mind". "Sudoku" is the logical puzzle which is very addictive and challenging that has spread like an epidemic outbreak. The variant of the sudoku is the "CRA Sudoku". The objective of the puzzle is to fill in all the empty squares with the 'conceptual text'.

The rules are

1. Each row should contain all 9 concepts
2. Each column should contain all 9 concepts
3. Each 3 x 3 box shape should also contain all the 9 concepts

There is only one way / one answer for this puzzle. We hope you will remember the concepts

of CRA forever by the end of solving this puzzle.

Suggestion : Have your Eraser ready

9 CONCEPTS :

HISTORY:

1. H-GEN/DEN/DIET

CLINICAL EXAMINATION

2. CE - ACTIVE CARIES

3. CE - PROX / ANT CARIES

4. CE - RESTORATION

DIETARY ANALYSIS

5. DIETARY ANALYSIS

SALIVARY ANALYSIS

6. S-FLOW

7. S-PH

8. S-BUFFER

MICROBIOLOGICAL ANALYSIS

9. SMILB/ COUNT [\[Figure 1\]](#)

SM/LB COUNT					S-pH		H-GEN DEN/ DIET	
	S-pH	CE - RESTORATIONS			CE - ACTIVE CARRIES		S-FLOW	DIETARY ANALYSIS
	H-GEN DEN/ DIET		S-BUFFER	SM/LB COUNT		CE - RESTORATIONS		
CE - ACTIVE CARRIES				S-BUFFER		DIETARY ANALYSIS	SM/LB COUNT	
H-GEN DEN/ DIET			CE - ACTIVE CARRIES		CE-PROX / ANT CARRIES			S-FLOW
	CE - RESTORATIONS	DIETARY ANALYSIS		H-GEN DEN/ DIET				CE - ACTIVE CARRIES
		S-pH		CE - RESTORATIONS	H-GEN DEN/ DIET		CE - ACTIVE CARRIES	
CE-PROX / ANT CARRIES	CE - ACTIVE CARRIES		SM/LB COUNT			S-BUFFER	DIETARY ANALYSIS	
	S-FLOW		DIETARY ANALYSIS					S-pH