



## **Take control of your dental health with myDentalScore**

For the first time, dental patients can understand how healthy their mouth is as well as their future risk of disease. This is thanks to myDentalScore, an empowering and free service launched on the internet to coincide with National Smile Month 2011.

The aim of myDentalScore is to help patients understand their dental health needs and take control of their oral health. It will be available free on the British Dental Health Foundation website during National Smile Month  
**<http://bdhf.mydentalscore.com>**

At the heart of myDentalScore is a brief and simple questionnaire. By answering a few online questions, the patient is given a set of scores which reflect their oral health risk in three different areas – gums, teeth and oral cancer.

Risk and disease levels are quantified on a scale of 1-5 and are supported by a traffic light scoring system – red for high risk, green for low. The patient also obtains a report suggesting the steps they should take.

Dr Nigel Carter, Chief Executive of the British Dental Health Foundation, said: “This software will benefit patients, who will see how their lifestyle, eating habits and other factors will impact on their oral health, as well as dentists who will relish having patients who are more informed and questioning.”

After National Smile Month, myDentalScore will continue to exist as a free internet service but linked to a dental practice or a list of dentists who can confirm or correct your scores using clinical measures. MyDentalScore is supported on the professional side by the clinically validated software, PreViser.

One of the practices already making myDentalScore available to patients is The Red House Dental Practice, Malton, in Yorkshire. This is a preventive practice which encourages patients to take charge of their health and have an excellent homecare regime.

Brian Paul, 57, is a patient of the practice who tried out myDentalScore and said it was reassuring. "At a time when we are so bombarded with health messages, we don't think about our teeth until it's too late. I thought it was a very positive thing to have done."

Liz Chapple is Director of Oral Health Innovations Ltd which is responsible for making the software available in the UK. She said that myDentalScore would help patients:

- understand the health of their mouth and their risk of disease
- take control so they can keep their teeth for life
- boost general health by improving their dental health
- seek professional advice and a clinical diagnosis by visiting a dentist

She stressed that the scores provide a broad indication of a person's dental health but should be confirmed with a dentist who can advise on how to reduce the risk of disease.

Liz added that there are known links between gum disease and other conditions, such as coronary heart disease and diabetes. Background and research on the links are available in the myDentalScore Oral Health library. "By understanding how they can improve their dental health, patients are also looking after their general health."

#### Editors Notes

The consumer launch of myDentalScore is timed to coincide with the start of Smile Month on May 15<sup>th</sup>.

To get your dental score go to: <http://bdhf.mydentalscore.com>

For more information, contact Caroline Holland on 020 8679 9595/07974 731 3956 or Emma Pelling on 020 7624 7533/07958 558172.