

Questionnaire / Teeth wear

NAME AND SURNAME: AGE:

Developmental Factors

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

☐ YES ☐ NO

2. Is toothwear prevalent in your family?

☐ YES ☐ NO

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

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4. Was the water fluoridated or were you administered fluoride supplements?

☐ YES ☐ NO

5. Were you prescribed tetracycline during childhood?

☐ YES ☐ NO

Attrition Factors

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

☐ YES ☐ NO

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

☐ YES ☐ NO

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

☐ YES ☐ NO

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

☐ YES ☐ NO

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

☐ YES ☐ NO

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

☐ YES ☐ NO

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

☐ YES ☐ NO

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

☐ YES ☐ NO

14. Do you wear a nightguard?

☐ YES ☐ NO

If so, has it been helpful?

(Show it to your dentist.)

☐ YES ☐ NO

Abrasion Factors

15. Does your occupation or hobbies expose you to industrial abrasives such as diamond, carborundum, or silica dusts?

☐ YES ☐ NO

16. Do you play a reed musical instrument that is placed between your teeth?

☐ YES ☐ NO

17. Do you have habits like breaking thread, holding pins or nails, biting pencils or fingernails?

☐ YES ☐ NO

18. Do you ever find yourself holding your tongue between your front teeth?

☐ YES ☐ NO

Toothbrushing Factors

19. What toothbrush do you use?

☐ HARD ☐ MEDIUM ☐ SOFT

20. Which hand is your dominant hand?

☐ LEFT ☐ RIGHT ☐ AMBIDEXTROUS

21. Do you use toothpaste containing fluoride?

☐ YES ☐ NO

22. Do you brush your teeth more than twice a day?

☐ YES ☐ NO

23. Do you use toothpicks?

☐ YES ☐ NO

24. Have you attempted to remove tobacco stains from your teeth using bleach or abrasive toothpastes?

☐ YES ☐ NO

Dietary Factors

25. Do you often eat fresh fruits?

☐ YES ☐ NO

26. Do you take a vitamin C supplement, in powder form or chewable tablet?

☐ YES ☐ NO

27. What type and brand of soft drink do you prefer?

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28. How many bottles or cans do you consume weekly?

☐ 0 ☐ 1-2 ☐ 3-5 ☐ 5-10 ☐ 10-20 ☐ >20

29. Are you on a weight loss regimen or a special diet for any reason?

☐ YES ☐ NO

30. Do you ever consume vinegar or lemon water?

☐ YES ☐ NO

31. Do you ever engage in fasting?

☐ YES ☐ NO

Gastric Factors

32. Do you suffer from indigestion symptoms such as bloating, heartburn, or sour regurgitations?

☐ YES ☐ NO

33. Has your indigestion been examined through tests and endoscopy?

☐ YES ☐ NO

34. Have you experienced frequent vomiting for any reason?

☐ YES ☐ NO

35. Do you suffer from bulimia nervosa?

☐ YES ☐ NO

Sports Factors

36. What sports do you engage in?

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37. Do you frequently swim in a pool with chlorinated water?

☐ YES ☐ NO

38. Have you modified your diet to enhance performance?

☐ YES ☐ NO

39. Do you consume water, sports drinks, or nutritional supplements?

☐ YES ☐ NO

40. Do you find yourself positioning your teeth differently than usual while performing strenuous exercises?

☐ TAK ☐ NIE

Social Factors

41. Do you ever drink alcohol?

☐ YES ☐ NO

42. What is your alcohol preference?

☐ BEER ☐ WINE ☐ SPIRITS

43. How many drinks do you have per week?

☐ 0 ☐ 1-2 ☐ 3-5 ☐ 5-10 ☐ 10-20 ☐ >20

44. Have you had, in the past or currently, alcohol addiction problems?

☐ YES ☐ NO

45. Is your occupation dehydrating or does it entail overnight or shift work?

☐ YES ☐ NO

46. What do you consume to stay awake?

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47. Have you ever used recreational drugs or narcotic medications?

☐ YES ☐ NO

48. Do you smoke cigarettes or use nicotine-containing smoking substitutes?

☐ YES ☐ NO

Medical Factors

49. Do you have any systemic medical conditions such as asthma, diabetes, or hypertension?

☐ YES ☐ NO

50. Are you currently taking or have you taken in the past any antidepressant, anticonvulsant, or ADHD medications?

☐ YES ☐ NO

51. Have you ever undergone cancer therapy?

☐ YES ☐ NO

52. Do you take or have you ever taken medicines causing dry mouth?

☐ YES ☐ NO

53. Do you suffer from a dry mouth?

☐ YES ☐ NO

54. Do you also have dry eyes and joint issues?

☐ YES ☐ NO

55. Are you undergoing hormone replacement therapy?

☐ TAK ☐ NIE

Why We Ask These Questions

This questionnaire helps us identify the factors contributing to tooth wear, allowing us to tailor a treatment plan to protect your dental health. By understanding your habits, lifestyle, medical history, and health factors, we can develop a strategy to prevent further damage and provide effective solutions. Thank you for taking the time to complete this — it helps us deliver the best possible care.

Developmental Factors

Understanding genetic, health, and environmental factors from childhood helps us assess how they may have affected your teeth over the years. For example, genetically softer enamel or issues with saliva production can increase susceptibility to tooth wear. Fluoride exposure in childhood plays a crucial role in reducing the risk of cavities and enamel erosion, though excessive exposure may also lead to fluorosis.

Attrition Factors

Tooth grinding (bruxism), clenching, or habitual jaw movements can cause significant damage to teeth and lead to temporomandibular joint (TMJ) pain. These habits, especially if they occur during sleep or in response to stress, are common causes of tooth wear. Identifying these factors allows us to recommend protective measures, such as night guards or stress-reduction techniques.

Abrasion Factors

Certain work activities, hobbies, or habits can physically wear down your teeth. Examples include nail-biting, holding objects between your teeth, or playing wind instruments. Identifying these behaviors helps us suggest adjustments to protect your teeth, such as using protective gear.

Toothbrushing Factors

How you brush your teeth can impact wear. Using a hard-bristled toothbrush or brushing with excessive pressure can wear down enamel, particularly near the gum line. Switching to a soft-bristled toothbrush and gentle brushing techniques can help protect your enamel.

Dietary Factors

Diet plays a significant role in dental health. Consuming acidic foods, such as citrus fruits, vinegar, or carbonated drinks, can gradually erode enamel. Evaluating your dietary habits allows us to recommend changes that can protect your teeth, such as drinking through a straw to minimize contact with acids.

Gastric Factors

Acid reflux, heartburn, and frequent vomiting can cause enamel erosion due to stomach acids. Recognizing these issues allows us to guide you towards appropriate treatments and choose the best materials for dental restorations.

Sports Factors

Participation in sports, particularly swimming in chlorinated pools or consuming sports drinks, can contribute to enamel erosion. We may recommend alternative hydration options and the use of mouthguards.

Social Factors

Alcohol consumption, working in environments that cause dehydration, or using recreational substances can accelerate tooth wear. Understanding these factors helps us provide personalized advice.

Medical Factors

Certain systemic conditions, such as asthma, diabetes, hypertension, or dry mouth, can impact tooth wear. Medications, such as antidepressants, cancer treatments, or hormone therapies, may increase the risk of dry mouth, contributing to enamel erosion. Identifying these issues helps us adjust your treatment plan to better protect your teeth.