

# Reply from

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Bakersfield, CA  
New York University, Class of 2011

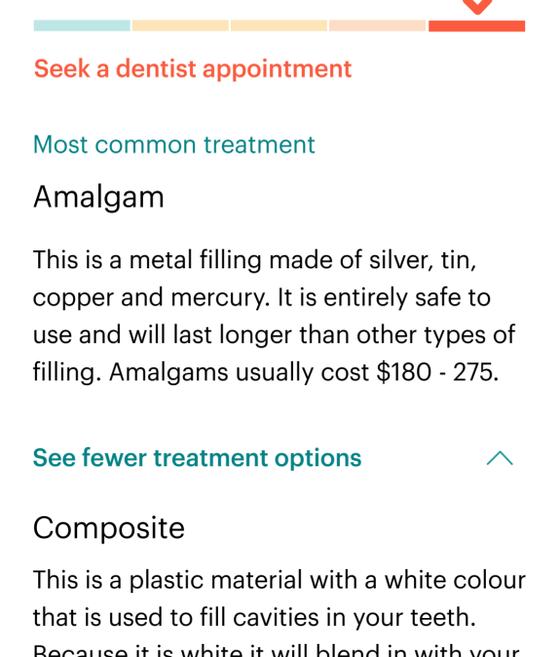
My name is Dr. Gus Moore and I have assessed your case today. I noticed that you have two instances of caries in the form of a large cavity and a white spot lesion that require treatment from a dentist as soon as possible. I have provided details of this issue below and marked the locations on the photos that you provided. I have also included treatment recommendations and estimates how much each treatment may cost. The other things that I noted must also be address but are less urgent. Nevertheless they should be monitored closely.

## What I saw

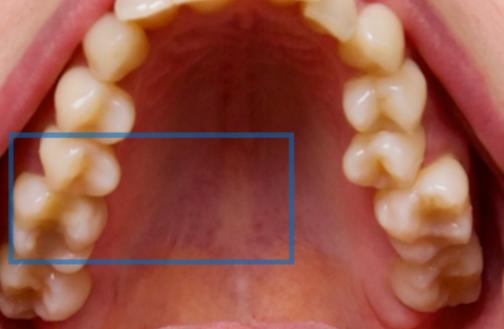
### Caries

Caries are more commonly known as tooth decay or cavities. You can often recognize caries as white or black spots on a tooth.

#### 1 Large cavity Upper right molar



A large cavity is a hole in your tooth that extends to the dentine or pulp (core) of your tooth. A large cavity can be easily seen and usually looks like a large hole or significant discoloration on a tooth surface. Large cavities are caused by ongoing exposure to acid from bacteria in your mouth and too much sugar in your diet or not brushing and flossing correctly. Large cavities must be treated by a dentist to prevent further damage to your tooth. Treatment options can vary depending on the situation and sometimes the tooth may need to be extracted (removed).

Severity Scale 

**Seek a dentist appointment**

Most common treatment

**Amalgam**

This is a metal filling made of silver, tin, copper and mercury. It is entirely safe to use and will last longer than other types of filling. Amalgams usually cost \$180 - 275.

[See fewer treatment options](#)

**Composite**

This is a plastic material with a white colour that is used to fill cavities in your teeth. Because it is white it will blend in with your teeth and be less noticeable. Composites usually cost \$230 - \$295.

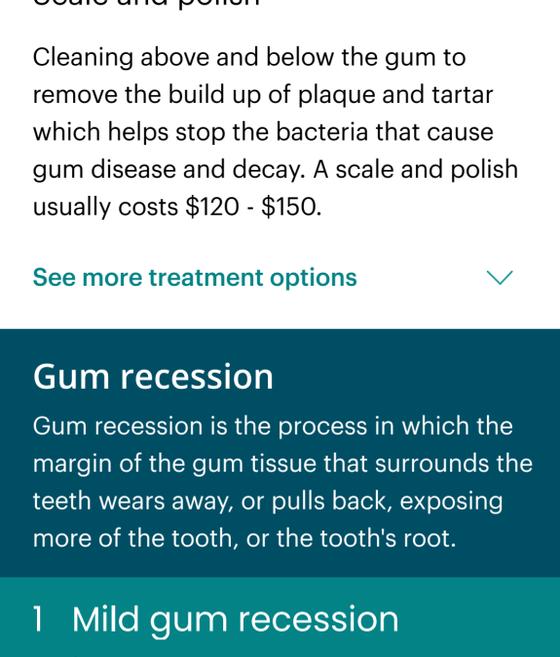
**Porcelain crown**

This is a replacement tooth made with ceramic. It is a white colour so it will blend in with your existing teeth. Porcelain crowns usually cost \$1,400 - \$1,800.

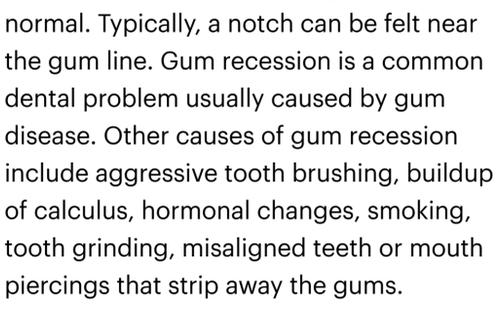
**Gold shell crown**

This is a replacement tooth made with a mixture of gold, copper and other metals. In is a long lasting treatment. Gold shell crowns usually cost \$1,500 - \$2,500.

#### 2 White spot lesion Upper left molar



A white spot lesion is the first stage of tooth decay. It often looks like a white or dark brown stain on a tooth. It is caused by too much acid from bacteria in your mouth and too much sugar in your diet or not brushing and flossing correctly. The good news is that if treated at this stage the decay can be stopped painlessly and an actual cavity will not occur.

Severity Scale 

**Seek a dentist appointment**

Most common treatment

**Flouride varnish**

Flouride varnish is a pale gel which is applied to your teeth that provides added protection against cavities. It is made with a mineral called flouride which helps strengthen tooth enamel. Flouride varnish usually costs between \$60 - \$80.

[See more treatment options](#)

### Gum disease

Gum disease is an inflammation of the gums that can progress to affect the bone that surrounds and supports your teeth.

#### 1 Moderate gingivitis Lower gums



Moderate gingivitis is the result of ongoing exposure to the bacteria in dental plaque. Your gums become red, swollen and sore. Usually they will bleed when brushing or flossing. The smooth half moon shaped gum around the teeth will change shape. It is caused by the bacteria in plaque, a sticky, colorless film that constantly forms on your teeth. If not removed through daily brushing and flossing, plaque can build up and the bacteria infect not only your gums and teeth, but eventually the gum tissue and bone that support the teeth. It is reversible but immediate treatment is required to prevent the disease progressing.

Severity Scale 

**Monitor this closely**

Most common treatment

**Scale and polish**

Cleaning above and below the gum to remove the build up of plaque and tartar which helps stop the bacteria that cause gum disease and decay. A scale and polish usually costs \$120 - \$150.

[See more treatment options](#)

### Gum recession

Gum recession is the process in which the margin of the gum tissue that surrounds the teeth wears away, or pulls back, exposing more of the tooth, or the tooth's root.

#### 1 Mild gum recession Lower gums



Mild gum recession (grade 1 and 2) means the lost gum is limited to the exposed tooth surface. The first sign of gum recession is usually tooth sensitivity, or you may notice a tooth looks longer than normal. Typically, a notch can be felt near the gum line. Gum recession is a common dental problem usually caused by gum disease. Other causes of gum recession include aggressive tooth brushing, buildup of calculus, hormonal changes, smoking, tooth grinding, misaligned teeth or mouth piercings that strip away the gums.

Severity Scale 

**Monitor this closely**

Most common treatment

**Gum graft**

Gum grafts involve taking gum tissue from another area in your mouth to cover an area of the tooth root that has become exposed. A gum graft usually costs \$955 - \$1490.

[See more treatment options](#)

## Next Steps

Make an appointment with your dentist. If you don't have one we can help you.

[Find me a dentist](#)

And then check out a possible treatment plan that you could follow.

[View my treatment plan](#)

Manage your dental health from home by using the best tools.

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