Part 2 - MI Prevent: Stop caries & prevent it from progressing.

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The Minimum Intervention (MI) concept is well described in the literature and summarizes the clinical rationale for the preventive and cause-related approach in cariology. The aim of the Pan-European group of clinical academics and general practitioners - the GC Europe MI Advisory Board - was created in order to present an evidence-based treatment approach for clinical practice: Minimum Intervention Treatment Plan (MITP).

The PREVENT part is the second step of the treatment plan (Fig.1-2).

Preventive regimes

MI Prevent deals with “preventive care” and “dental recall frequency”. Depending on the susceptibility and risk factors of the patient, preventive treatment regimens are instituted.

1. Standard care (low susceptibility patients):

- Oral hygiene instruction (brushing, fluoride rinsing, flossing,...)
- Diet advice (quantity and frequency of sugar intake, sodas addiction, milk intake...)
- Patient motivation tools:
  - Saliva tests: pH, flow, buffer capacity
  - Plaque tests: quantity, maturity, activity (Fig.3)
  - Bacterial tests
- Patient education:
  - Patient leaflets / video in waiting room (Fig.4)
  - Patient education computer software

2. Active Care (high susceptibility patients):

Active care is Standard care PLUS

- Decontamination: removing the reservoirs of bacteria
  - Professional mechanical tooth cleaning
  - Chlorhexidine (professional application, homecare)
  - Transitional (stabilizing) restorations with glass ionomer cement (GIC) (1,2)(Fig.5)
- Remineralisation
  - Fluoride (toothpaste, varnish, gel, mouthrinse) (3,4)(Fig.6)
  - Recaldent™ (Tooth Mousse, MI Paste Plus) (5,6) (Fig.7)
- Management of aetiological factors (7,8) (xerostomia, acidity,...)
- Sealants (GIC or composite) (9,10) (Fig.8-9)

Figure 1: The Minimum Intervention Treatment Plan flow chart

Figure 2: MI Treatment Plan Framework

Figure 3: Motivation tools: improvement of plaque control through use of 2-tone plaque disclosing gel A/ T0, B/ T0 +5 weeks, C/ T0 +10 months

Figure 4: Example of a leaflet about consumption habits

Figure 5: Decontamination: ART technique

Figure 6: Remineralisation: application of fluoride varnish

Figure 7: Remineralisation of early white spot lesions after orthodontic treatment by application of Recaldent™ (CPP-ACP containing cream)

Figure 8: Sealants using flowable composite

Figure 9: Sealants using a high viscosity glass ionomer cement (Fuji IX®)

References:

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