Background: To find out the oral health status of the university students we accessed the dental indexes after oral examination made by dentists. The examined students had more than 5,000 decayed teeth. The need for filling treatment consumes a lot of resources.

Aims: Because the increase of treatment resources is not possible, we need new ways of caries management and to improve patients' self-care.

Materials and methods

The study sample comprised 3,393 university students, the mean age was 26 years, 53% of them were female. The mean DT (decayed teeth) in the whole group was 1.50. Almost all students had initial, to follow or shut down dental caries. Tooth decay shows cumulative: the students, n= 510 (15.0%), had four or more cavities.

We became familiar with ICDAS-system (the International Caries Detection and Assessment System), and trained personnel, dentist and oral hygienists, to stop caries and to give the responsibility to the patients.

We made material for personnel and students. The material is especially for those who are heavy users of dental services and are at high risk. The material contains information about caries risk factors and caries management.

- After oral examination, always made by a dentist, start the stop treatment if there are more than five initial tooth decays
- The student gets a recipe for Duraphat® 5mg/g toothpaste
- In 10–20 days he/she will have an appointment with a dental hygienist
- The hygienist shows the problem spots by staining the biofilm and/or plaque. She teaches dental cleaning
- During every visit to the dentist or the hygienist the cavities will be treated with fluoride (Bifluorid 10®)
- After six weeks the student has an other appointment with hygienist. She assesses the success of the student. The stop treatment may continue or she sends the patient to have filling treatment if necessary.

The promotion and maintenance of oral health require good dental hygiene: brushing twice a day with the fluoride toothpaste and cleaning the spaces between teeth carefully.

Discussion: The ICDAS caries management system reduces the need for filling treatments and emphasizes the patient's own responsibility. After short time the results seem to be good, and even later the decrease of caries prevalence can be seen.