



### Diabetes

Diabetics are more prone to gum disease. If left untreated, gum disease makes it

harder for diabetics to control their blood sugar. When gum disease is eliminated, diabetics improve their blood sugar control and make diabetic complications less likely.

### Rheumatoid Arthritis

The causes of gum disease and



RA may be related. One doesn't cause the other, but when one is present the other is more likely to be going on. If your gums

are inflamed you may be at increased risk for developing RA..

### Obesity – Being overweight has

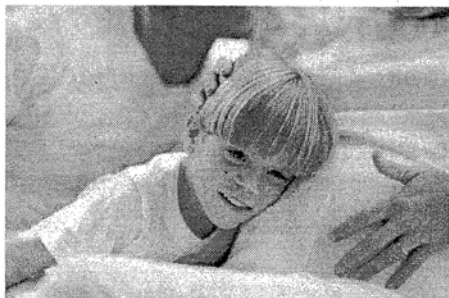


been linked with an increased risk for cardiovascular disease, diabetes

and gum disease. If you are overweight you should be tested for gum disease, diabetes and cardiovascular disease.

### Alzheimer's Disease

Researchers are now investigating the role of poor oral health and gum disease in the development of Alzheimer's Disease.



Any family history of diabetes? yes no

Have you had any of these **warning signs of diabetes?**

frequent urination

excessive thirst

excessive hunger

weakness and fatigue

slow healing of cuts

unexplained weight loss

*IF YOU HAVE DIABETES,*

How is your diabetes control? good fair poor

Are you prone to diabetic complications? yes no

What was the score of your last A1c? \_\_\_\_\_

Who is your physician for diabetes? \_\_\_\_\_

Have you ever been diagnosed with RA \_\_\_\_\_

Do you have any symptoms of RA:

fatigue

lack of appetite

low grade fever

muscle and joint aches

stiffness

**Are you overweight?** You can calculate your weight status by using **Body Mass Index (BMI)**.

**BMI** =  $(703 \times \text{weight in pounds}) / (\text{height in inches})^2$

18.4 or below

Underweight

18.5 to 24.9

Healthy weight

25.0 to 29.9

Overweight

30.0 and above

Obese

Your current weight \_\_\_\_\_

Your current height \_\_\_\_\_

**Do you have any family history of Alzheimer's Disease?**

yes

no

### FEMALES

Tell us if you are or are planning to become pregnant. Gum disease can make it up to eight times more likely that you will have a pre-term, low birth weight baby.

You can greatly reduce the likelihood of having an adverse pregnancy outcome by finding out if you have gum disease and then doing whatever is necessary to eliminate it before you get pregnant. It is also important to make sure your gums are inflammation free while you are pregnant.