



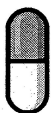
## TOBACCO USE

Tobacco use is the most significant risk factor for gum disease.



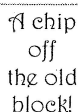
## HEART ATTACK/ STROKE

Untreated gum disease can increase your risk for heart attack and stroke.



## MEDICATIONS

A side effect of some medications causes changes in your gums.



## GENETIC

The tendency for gum disease to develop can be inherited.



## STRESS

Major stressors have a very definite adverse affect on your immune system:



## CONTAGIOUS

The bacteria which cause gum disease may be spread to a spouse or other members in your household.



## Osteoporosis

Osteoporosis can affect the jaw bone. If you have osteoporosis you are more likely to lose teeth if you allow gum disease to persist.

Please check the box if you **now** or **have ever** used

Cigarette Cigar Pipe Chew Snuff  
If yes please list...

Amount Used for how If you quit,  
per day many years list what year

Do any other members of your household use tobacco?

Yes No

Do you have any other risk factors for heart disease or stroke?

Family history of heart disease  
High cholesterol

Tobacco use  
High blood pressure

*If you have any of these other risk factors it is especially important for you to always keep your gums as healthy and inflammation free as possible to reduce your overall risk for heart attack and stroke.*

Have you ever taken any of the following medications:

Dilantin anti-seizure medication.

Calcium Channel Blocker blood pressure medication (such as Procardia, Cardizem, Norvasc, Verapamil, etc.).

Cyclosporin immunosuppressant therapy.

Has anyone on your side of the family had gum problems (e.g. your mother, father, or siblings):

yes No

The following stressful events can significantly reduce your resistance to things like gum disease:

Death of spouse Divorce/ separation Jail term Pregnancy  
Death in family Injury / illness Marriage Retirement  
Loss of job Change in finances

Have you recently been dealing with any of these major stressors? Yes No

If one family member has periodontal disease, guidelines suggest that all family members see a dental professional for a periodontal disease screening.

Has everyone in your household been screened for the presence of gum disease? Yes No

Do you have osteoporosis? Yes No Don't know

These following are risk factors for osteoporosis:

Post-menopausal Family history of osteoporosis Early menopause  
Rheumatoid Arthritis Inadequate exercise Smoking

Do you any risk factors for osteoporosis? Yes No

Have you ever been tested? Yes No



### 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.

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?** \_\_\_\_\_

### 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..

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

**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.

**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 \_\_\_\_\_

### Alzheimer's Disease

Researchers are now investigating the role of poor oral health and gum

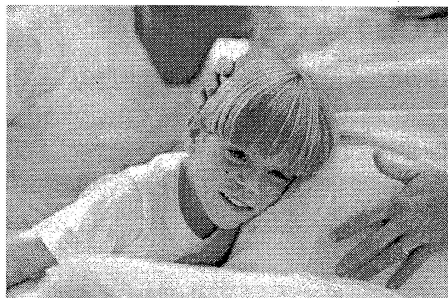


disease in the development of Alzheimer's Disease.

**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.