



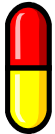
Tobacco Use

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

Side affects of some medications cause changes in your gums.

Genetic

The tendency to develop gum disease can be inherited.

A chip off the old block!



Stress

Major stressors can adversely affect your immune system.



Contagious

The bacteria that cause gum disease can be spread to 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:

- Cigarettes Cigars Pipe Chew Snuff

If yes please list:

<i>Amount per day</i>	<i>Used for how many years</i>	<i>If you've quit, list the year</i>
_____	_____	_____

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 Tobacco use
 High blood pressure High cholesterol

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 immunosuppresant 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

The 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

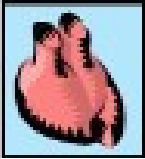
Have you ever been tested? Yes No



Diabetes

Diabetics are more prone to gum disease. If left untreated, gum disease makes it harder for diabetics to control blood sugar. When gum disease is eliminated, diabetics improve their blood sugar control and make diabetic complications less likely.

Artificial Joints



Even the slightest amount of gum inflammation can allow bacteria from the mouth to enter the bloodstream and cause a serious infection of the heart muscle or artificial joint.

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 active. So, 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 screened for these conditions.



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 a 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

How do you monitor your blood sugar? _____

Who is your physician for diabetes? _____

Do you have a heart murmur or artificial joint?

- Yes
- No

If so, does your physician recommend antibiotics prior to dental visits?

- Yes
- No

Name of physician? _____

With these conditions it is especially important to keep your gums as healthy and inflammation-free as possible to reduce the chance of bacterial infection originating from the mouth.

Have you ever been diagnosed with Rheumatoid Arthritis?

- Yes
- No

Do you have any symptoms of RA:

- fatigue
- lack of appetite
- low grade fever
- muscle and joint aches
- stiffness

Are you overweight?

Calculate your weight status by using the **Body Mass Index**.

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

- 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

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