TOBACCO USE

Tobacco use is the most significant risk factor for gum disease.
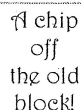
Please check the box if you *now* or *have ever* used
Cigarette   Cigar   Pipe   Chew   Snuff
If yes please list...

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

Do any other members of your household use tobacco?
Yes   No

HEART ATTACK/ STROKE

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

Do you have any other risk factors for heart disease or stroke?
Family history of heart disease   Tobacco use
High cholesterol   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.
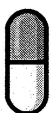
MEDICATIONS

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

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.

GENETIC

A chip off the old block!

The tendency for gum disease to develop can be inherited.

Has anyone on your side of the family had gum problems (e.g. your mother, father, or siblings):
yes   No

STRESS

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

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

CONTAGIOUS

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

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

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.

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.

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).**

BM I= (703 x weight in pounds)/(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
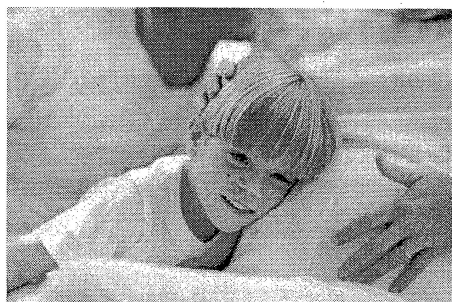
FEMALES
Tell us if you are or are planning to become pregnant. Gum disease can make it up to eight times more likely that you will have a pre-term, low birth weight baby.

You can greatly reduce the liklihood of having an adverse pregnancy outcome by finding out if you have gum disese 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.