

9. Do you have a family history of gum disease?  Yes  No  Don't know

Some people are genetically prone to developing gum disease even if they take decent care of their mouths.

10. How would you rate your stress level?  None  Low  High

Stress is a well-known risk factor for gum disease.

Life altering events (loss of job, divorce, death in family, moving to new location, etc.) can lead to the type of stress that can lower your resistance to diseases liked gum disease. Are you currently going through any life altering events?  Yes  No

11. Other Medical conditions (Check all that apply)

- Asthma if yes, where do you keep your inhaler? \_\_\_\_\_
- Bleeding problems  Epilepsy  Prosthetic heart valve  Artificial joint
- Hepatitis  Tuberculosis  HIV/AIDS  Thyroid Disease
- Cancer  Chemo/radiation  Vertigo  Steroid Use
- Kidney Problems  Psychiatric therapy  Change in health in last year  Any Addiction
- Breathing/COPD  Cold Sores/fever blisters

Spouse with gum disease (Gum disease may be transmissible, family members should be screened for gum disease)

Taking Dilantin, Ca+ Channel Blockers, or Immunosuppressants for organ transplantation

- History of gastric ulcers  Respiratory disease
- Kidney Disease  Family history of colon cancer

**FEMALES** Are you:  Pregnant  Nursing  Taking birth control pills

Gum disease is linked with an increased risk of osteoporosis and even breast cancer in post-menopausal women.

Ever diagnosed with breast cancer?  Family history of breast cancer?  Post-menopausal?

Do you have osteoporosis?  Yes  No

Have you ever been tested for osteoporosis?  Yes  No

PATIENT \_\_\_\_\_ DATE \_\_\_\_\_ AGE \_\_\_\_\_

BMI \_\_\_\_\_  Nutrition and exercise info to pt

BP \_\_\_\_\_ / \_\_\_\_\_  Advised to see med referral  Treatment Contraindication Referral

Being managed by MD \_\_\_\_\_

Category	Systolic	and	Diastolic
Normal	<120		<80
Pre-hypertension	120-139	or	80-89
Stage 1	140-159	or	90-99
Stage 2	≥160	or	≥100
Contraindicated	≥180	or	≥110

TEST	A1c	FPG	OGT
Normal	<5.7%	<100mg/dl	<140mg/dl
Pre-Diabetes	5.8-6.4%	100-125	140-199
Diabetes	≥6.5%	>126	>200

LAST A1c \_\_\_\_\_ on \_\_\_\_\_ by \_\_\_\_\_

Advised referral to MD

Treatment Contraindication Referral

Being managed by MD \_\_\_\_\_

APNEA STOP/BANG Score \_\_\_\_\_

STOP	Yes	No
Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)?		
Do you often feel TIRED, fatigued, or sleepy during daytime?		
Has anyone OBSERVED you stop breathing during your sleep?		
Do you have or are you being treated for high blood PRESSURE?		

BANG	Yes	No
BMI more than 35kg/m <sup>2</sup> ?		
AGE over 50 years old?		
NECK circumference > 15.75 inches (40cm)?		
Male GENDER?		

TOTAL SCORE \_\_\_\_\_

Advised referral to MD

Being managed by MD \_\_\_\_\_  CPAP  Appliance

SCORING RISK FOR SLEEP APNEA  
High yes 5-8 Intermediate yes 3-4 Low yes 0-2

TOBACCO  Current  Former  Desire to Quit  Info given

VITAMIN D Date of last test \_\_\_\_\_ Result \_\_\_\_\_

Referred for test

**25-Hydroxyvitamin D lab Values**  
NORMAL 20-56 ng/ml (50-140 nmol/l)  
OPTIMAL 50-70 ng/ml (115-128 nmol/l)

CHOLESTEROL

Desirable Cholesterol Levels <sup>2</sup>	Date _____	Date _____
Total cholesterol	< 200 mg/dL	
LDL	< 100 mg/dL	
HDL	≥60 mg/dLr	
Triglycerides	< 150 mg/dL	

Testing recommendation: Adults with no risk factors – 1 x every 4-6 years.  
Children/Young adults - once between the ages of 9 and 11 and then again between 17-21

- RHEUMATOID ARTHRITIS
- PERIO FAMILY HX
- AZHEMIER FAMILY HX
- POST MENOPAUSAL
- STRESS

1. How often do you have a drink containing alcohol?

- a. Never
- b. Monthly or less
- c. 2-4 times a month
- d. 2-3 times a week
- e. 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day?

- a. 1 or 2
- b. 3 or 4
- c. 5 or 6
- d. 7 to 9
- e. 10 or more

Scoring a=0, b=1, c=2, d=3, e=4,  
**AUDIT-C**  
Men ≥ 4 Women ≥ 3

3. How often do you have six or more drinks on one occasion?

- a. Never
- b. Less than monthly
- c. Monthly
- d. Weekly
- e. Daily or almost daily



Your name \_\_\_\_\_ Today's date \_\_\_\_\_  
 Your regular dentist is \_\_\_\_\_ Your physician is \_\_\_\_\_  
 Ever been a patient here before?  YES  NO Your current age \_\_\_\_\_

(Check all that apply)

**Have you ever had an adverse reaction to:**

- Local Anesthetics/Novocain
- Codeine
- Antibiotic \_\_\_\_\_
- Other \_\_\_\_\_
- Aspirin/Advil
- Latex

**Do you take:**

- Blood thinners (e.g Coumadin, Plavix, etc.) if yes, date and score of most recent INR \_\_\_\_\_
- Any other medications, vitamins or supplements, if so, please list:  
 Name of medication \_\_\_\_\_ What condition you take it for \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

(List any additional meds you take on separate sheet)

**What is your level of anxiety/stress/fear when going to the dentist?**  None  Mild  Mod  Severe

**1. Please list your height \_\_\_\_\_ Please list your weight \_\_\_\_\_**

Being overweight is now recognized as a strong risk factor for gum disease. Obesity and gum disease are both risk factors for heart disease and diabetes. Thus, if you are over your ideal weight it is vitally important for you to eliminate any gum inflammation to lower your risks for more serious health problems.

**2. Tobacco use**

- Never
- Previous tobacco user, if so, how long ago did you quit \_\_\_\_\_
- Currently using tobacco, if so please answer the following:  
 What type do you use?  Cigarettes  Chew  Cigar  E-Cig  Other  
 How much/day \_\_\_\_\_ For how long \_\_\_\_\_  
 Every tried to quit?  Yes  No

Tobacco users are more likely to develop gum disease. Gum disease itself has recently been linked with an increased risk for heart disease. Since tobacco users are already at an increased risk for heart disease (and since gum disease only worsens that risk) it is vitally important for tobacco users to do whatever is necessary to eliminate gum disease.

**3. Have you ever been diagnosed with heart disease?**

- Yes
- No  Do you have any of the following risk factors for heart disease? Check all that apply
- Family history of heart disease  Elevated cholesterol  High blood pressure
- Poor diet  Lack of exercise

Gum disease is now a recognized risk factor for heart disease. If your gums are inflamed, bacteria from your mouth can get into your blood stream and lodge in your heart vessels. Finding out if you have gum disease and then keeping it at bay over your lifespan can lower your risk for heart disease and stroke.

**4. Vitamin D Status**

Have you ever had your Vitamin D level checked?

- No
- Yes If so, how long ago? \_\_\_\_\_ What was it? \_\_\_\_\_

Low vitamin D levels have been linked with a higher risk for gum disease and many other diseases. Many people are chronically low in Vitamin D. It is important to find out your vitamin D level and optimize it if your level is low.

**5. Sleep**

How many hours of sleep do you typically get each night? \_\_\_\_\_

Have you ever been diagnosed with sleep apnea?  Yes  No

Please check yes or no for the following questions:	YES	NO
Do you snore loudly (loud enough to be heard through closed doors)?		
Do you often feel tired, fatigued, or sleepy during daytime?		
Has anyone observed you stop breathing during your sleep?		
Do you have or are you being treated for high blood pressure?		

Lack of quality sleep and sleep apnea are very serious. Sleep apnea is linked to gum disease and many other diseases. Part of overall wellness is keeping any gum inflammation in your mouth to a minimum. This is especially important if you have any sleep abnormalities.

**6. Diabetes**

Have you ever been diagnosed with Diabetes?

- No  Do you have a family history of diabetes?  Yes  No
- Yes If so, please answer the following:

How is your diabetes control?  Good  Fair  Poor  
 Date of last A1c \_\_\_\_\_ What was the A1c score? \_\_\_\_\_  
 Who is your diabetes Doctor \_\_\_\_\_

Diabetes is a well-known risk factor for gum disease. Research is confirming that untreated gum disease makes it harder for you to control your blood sugar. Elimination of gum disease can improve your blood sugar control reducing your risk for the serious complications of diabetes.

**7. Have you ever been diagnosed with Rheumatoid Arthritis?  Yes  No**

Research is confirming a two-way relationship between rheumatoid arthritis and gum disease. If you have RA you are at an increased risk for gum disease. If gum disease develops it can make your RA symptoms worse. Thus, if you have RA it is important to continually monitor for and treat any gum disease.

**8. Do you have a family history of Alzheimer's Disease?  Yes  No  Don't know**

Gum disease has been linked with an increased chance for developing Alzheimer's Disease later in life. If you have a family history you are already at increased risk. Keeping gum disease at bay over your life span can lower your risk for developing Alzheimer's Disease.