



### 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 gum disease in the development of Alzheimer's Disease.



### Special Concerns for Females



**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  
**When was your last A1c** \_\_\_\_\_ **What score?** \_\_\_\_\_  
**Who is your physician for diabetes?** \_\_\_\_\_

**Have you ever been diagnosed with Rheumatoid Arthritis?**  
yes no  
If you have rheumatoid arthritis, emerging research suggests that eliminating any gum disease and then keeping it at bay can lessen the crippling effects of arthritis.

**Are you overweight?** We can calculate your weight status by using **Body Mass Index (BMI) and waist size.**

**BM I=** (703 x weight)/(height)<sup>2</sup>  
18.4 or below Underweight  
18.5 to 24.9 Healthy weight  
25.0 to 29.9 Overweight  
≥30.0 Obese

**Healthy waist size**  
Male less than 40"  
Female less than 35"

What is your current weight \_\_\_\_\_  
What is your Your current height \_\_\_\_\_  
What is your current waist size \_\_\_\_\_  
Do you eat a balanced diet? yes no

**Do you have a 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.

**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