**Diabetes** Diabetics are more prone to gum disease. If left untreated, gum disease makes it

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| --- |
| **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)2 **Healthy waist size**   * 1. or below Underweight Male less than 40”   2. to 24.9 Healthy weight Female less than 35”   25.0 to 29.9 Overweight  >30.0 Obese  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 |

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