

Do you have any of the following risk factors for heart disease? (Check all that apply)

- Prosthetic Heart Valve
 Elevated cholesterol
 High blood pressure
 Pacemaker
 Poor diet
 Lack of exercise
 Congenital heart disease
 Heart Surgery
 Stroke

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.

3. Vitamin D Status

Have you ever had your Vitamin D level checked?

- Yes – If so, how long ago? _____ What was it? _____
 No

Not only does Vitamin D lower the risk of tooth decay, it also helps prevent other diseases of the gums such as gingivitis and gum disease. 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.

4. Sleep

Have you ever been diagnosed with sleep apnea? Yes No Prescribed a C-Pap? Yes No
 Sleep Study Yes No

Answer Yes or No to determine your sleep apnea risk	Yes	No
Do you snore loudly (loud enough to be heard through closed doors)?		
Do you often feel tired, fatigued or sleep during daytime?		
Has anyone observed you stop breathing during your sleep?		
Do you or are you being treated for high blood pressure?		
Obese/Overweight?		
Are you over 50 years old?		
Is the circumference of your neck greater than 16 inches?		
Are you male?		
TOTAL SCORE		

HIGH RISK: Yes 5-8

INTERMEDIATE RISK: Yes 3-4

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.

5. Have you ever been diagnosed with Diabetes? Yes No If yes: Type I Type II

Do you have family history of diabetes? Yes No

How is your diabetes control? Good Fair Poor

Date of last A1C _____ What was the A1C score? _____ Who is your diabetes doctor? _____