

## PATIENT HEALTH HISTORY



Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_  
 Your general dentist \_\_\_\_\_ Your physician \_\_\_\_\_

**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, aspirin, etc) Most recent INR if applicable \_\_\_\_\_  
 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)*

**Other Medical conditions**

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

**Gum disease has been linked with an increased risk for many chronic diseases. Eliminating gum disease is especially important to the oral *and* overall health of the following patients:**

*(Please check all that apply)*

- Tobacco user

Tobacco and marijuana users are more likely to develop gum disease which is more severe and more difficult to eradicate. 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.

Current Tobacco user → What form (cig, pipe, chew, etc). \_\_\_\_\_

How much/day \_\_\_\_\_ For how long \_\_\_\_\_

Previous Tobacco user → When did you quit \_\_\_\_\_

- Diabetes

Diabetes is a well- known risk factor for gum disease. Research is confirming that when left 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. How is your diabetes control? Good Fair Poor

Date of last A1c \_\_\_\_\_ What score? \_\_\_\_\_

Who is your diabetes Doctor \_\_\_\_\_

Family history of gum disease

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

Do you have any family history of gum disease? Yes No Don't know

Stress

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

Is your stress level too high? Yes No

Life altering events (loss of job, divorce, death in family, moving to new location, etc.) can be particularly strong factors for gum disease. Are you currently going through and life altering events? Yes No

Rheumatoid Arthritis

There is a bi-directional connection between rheumatoid arthritis. If you have arthritis you are at an increased risk for gum disease. Emerging research suggests that eliminating any gum disease and then keeping it at bay can lessen the crippling effects of arthritis.

Have you ever been diagnosed with Rheumatoid Arthritis? Yes No

Overweight

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.

Low Vit D

Studies show strong links between low Vit D and periodontal disease, as this hormone precursor is essential for your body to absorb minerals involved in bone metabolism, such as calcium and phosphorus. The best way to get Vit D is exposing your skin to sunlight, so many people in the NW are deficient. Get your blood levels checked and consider supplementation.

Poor Sleep

Sleep is your bodies' chance to repair damage and heal. Sleep deprivation and sleep apnea both have associations with increased periodontal disease.

Sleep deprivation  Snoring  Often tired/sleepy

Let us know if you would like a complementary at-home sleep test

**All patients please complete the following (check all that apply)**

- Heart disease/risk factors for heart disease (family history, overweight, ↑ blood pressure, ↑ triglycerides)
- Spouse with gum disease (Gum disease may be transmissible, family members should be screened)
- Taking Dilantin, Ca+ Channel Blockers, or Immunosuppressants
- Previous bouts of gum disease
- History of gastric ulcers
- Kidney Disease
- Family history of Alzheimer's disease
- Respiratory disease
- Family history of colon cancer

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

**FEMALES** Are you: Pregnant Nursing Taking birth control pills Post-menopausal?

Do you have osteoporosis?

Yes

No → Have you ever been tested for osteoporosis? Yes No

Ever taken Fosamax, Fosamax Plus D, Actonel, Boniva, Didronel, Skelid, Aredia, Bonafors, or Zometa for osteoporosis or for any other reason? Yes No