



# Dental Health Assessment/ Oral Health Questionnaire

Research indicates that good dental habits are not only important for your oral health, but your overall health as well. Recent evidence suggests that our oral health can be directly linked to other medical conditions. To put it simply, our entire body, including our teeth and gums work together and impact our overall health. If one part of the body is not healthy, it can affect other areas. For example, gum disease can affect the heart and is suspected of increasing the risk of delivering preterm and/or low birth weight babies. Gum disease may also make it more difficult to control blood sugar levels in people with diabetes.

The questions below are designed to help you assess your dental and overall health  
(Circle Yes or No)

- 1. Are you pregnant?** Yes No  
Pregnant women who have periodontal disease may be more likely to have a baby that is born prematurely and has low birth weight.
- 2. Do you use tobacco products?** Yes No  
Tobacco use can dramatically increase your risk for oral cancers.
- 3. Do you consume more than 2 alcoholic drinks per day?** Yes No  
Alcohol can cause oral tissue damage over time.
- 4. Are you a diabetic?** Yes No  
For years evidence has shown that people with diabetes are more likely to have periodontal disease than people without diabetes.
- 5. Do you suffer from heart and/or respiratory disease?** Yes No  
The bacteria associated with periodontal disease can travel into the blood stream and pose a threat to other parts of the body. Healthy gums may lead to a healthier body.
- 6. Do you take prescription medications daily?** Yes No  
Certain drugs can cause dry mouth and make you more susceptible to cavities.
- 7. Do you experience bleeding gums or suffer from bad breath?** Yes No  
Mouth infections, like periodontal disease, are associated with increased risk of respiratory infection.
- 8. Do you have a sore in your mouth that has been there longer than two (2) weeks?** Yes No  
Sores lasting more than two weeks should be evaluated by your dental provider.

If you answered yes to any of the above questions you may be at higher risk for periodontal disease or other oral health related issues. Please consult with your dental or medical provider. You may want to print out this questionnaire to use as a guide for discussion with your dental/medical provider.

For more information, visit <http://www.perio.org/consumer> or <http://ada.org>.

