

PATIENT HEALTH HISTORY

Name _____ Age _____ Date _____

General Dentist _____ Primary Care Physician _____

Have you ever had an adverse reaction to:

- | | | |
|---|----------------------------------|--|
| ☐ Local Anesthetics/Novocain | ☐ Codeine | ☐ Dairy and/or Milk |
| ☐ Aspirin/Ibuprofen (Advil/Motrin) | ☐ Latex | ☐ Antibiotic _____ |
| ☐ Other _____ | | |

Do you take:

- ☐ Blood thinners (e.g. Coumadin, Plavix, Aspirin, etc.)

-If so, what was your most recent INR _____

- ☐ Please list other medications (Includes, Aspirin, Vitamins, Antacids, Herbals, Hormones, Caffeine)

Medication

Reason for taking

MEDICAL CONDITIONS: (Check all that apply)

- | | | |
|---|--|--|
| ☐ Blood Disorder | ☐ Prosthetic Heart Valve | ☐ Heart Disease |
| ☐ Hepatitis | ☐ HIV/AIDS | ☐ Tuberculosis |
| ☐ Cancer | ☐ Sleep Apnea | ☐ Stroke |
| ☐ Chemotherapy/Radiation | ☐ Steroid Use | ☐ Cold Sores/Fever Blisters |
| ☐ Kidney Disorder | ☐ Artificial Joint | ☐ Chemical Dependency |
| ☐ Breathing/COPD | ☐ Thyroid Disease | ☐ Anxiety/Panic Disorder |
| ☐ Epilepsy/Seizures | ☐ Vertigo/Dizziness | ☐ Psychiatric Therapy |
| ☐ High Blood Pressure | ☐ Asthma (If yes, where do you keep your inhaler _____) | |

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:

Tobacco User ☐ Yes ☐ No

Tobacco and Marijuana users are more likely to develop gum disease. It can be more severe and difficult to eradicate. Gum disease itself has recently been linked with an increased risk for heart disease. Tobacco users are already at an increased risk for heart disease so it is vitally important for you to maintain the highest quality of oral health care.

•Current Tobacco User: What form(s) (Cigarettes, Chew, Pipe, Marijuana, etc.): _____

How much per day: _____ For how long: _____

•Previous Tobacco User: When did you quit? _____

Diabetes ☐ Yes ☐ No

Diabetes is a well-known risk factor of gum disease. Research is confirming that when left untreated, gum disease makes it harder for you to control your blood sugars. Elimination of gum disease can improve your blood sugars; reducing your risk for serious complications (e.g. poor circulation, delayed healing, etc.)

Date of last A1c: _____ What was your score: _____ Diabetes Doctor: _____

Family History of Gum Disease

Some are genetically prone to developing gum disease even if they take good care of their oral health.

Do you have a family history of gum disease? Please circle one: Yes No I don't know

Stress

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

What is your stress level? Please circle one: Low Medium High

Life altering events (e.g. 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 a life altering event? Please circle one: Yes No

Rheumatoid Arthritis

There is a bi-directional connection between rheumatoid arthritis and gum disease. Emerging research suggests that eliminating gum disease and keeping it at bay can lessen the crippling effects of arthritis.

Have you ever been diagnosed with Rheumatoid Arthritis? Please circle one: Yes No

Weight

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 ideal weight it is even more important for you to eliminate gum inflammation, and have a well-managed care routine with your dentist.

Vitamin D

Studies show links between low Vitamin D and periodontal disease. This hormone is essential for your body to absorb calcium and promote bone growth. The best way to get Vitamin D is by exposing your skin to sunlight. Many people in the Northwest are deficient due to our lack of sunlight. Please have your blood levels checked and consider supplementation.

Sleep

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

Check all that apply to you: ☐ Sleep deprivation ☐ Snoring ☐ Excessive daytime sleepiness

Please check all that apply:

- ☐ Heart Disease/risk factors for heart disease (family history, overweight, high blood pressure, high triglycerides)
- ☐ Spouse with gum disease (gum disease can be transmissible)
- ☐ Taking Dilantin, Ca+ Channel Blockers, or Immunosuppressant's
- ☐ Previous bouts of gum disease ☐ History of gastric ulcers
- ☐ Family history of Alzheimer's 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 Post-menopausal

Do you have Osteoporosis? ☐ Yes ☐ No

Have you ever taken Fosamax, Fosamax Plus D, Actonel, Boniva, Didronel, Skelid, Aredia, Bonafos, or Zometa for osteoporosis or for any other reason? ☐ Yes ☐ No

Patient Signature: _____ Date: _____

Updated Date: _____ Patient Signature: _____

Updated Date: _____ Patient Signature: _____