

Gum (Periodontal) Disease - Self-assessment

Take the self-assessment below to find out if you might be at risk for periodontal disease. Circle either Yes or No for each question, add each sections points together and see the end of the assessment for the results.

Section 1:

Do you have diabetes that requires you to take insulin?	Yes = 20	No = 0
Do you have diabetes but are NOT required to take insulin?	Yes = 10	No = 0
Are you over 50 years old?	Yes = 4	No = 0
Do you smoke more than 10 cigarettes a day?	Yes = 20	No = 0

Section 1 Total Points:

Section 2:

If you have been treated for periodontal disease, do you return to the dentist as often as it is recommended?	N/A <u>or</u> Yes = 0	No = 10
Have you lost a tooth in the last three years due to periodontal disease?	Yes = 9	No = 0
Do your gums bleed when you brush or floss your teeth?	Yes = 4	No = 0
Do your gums hurt when you brush or floss your teeth?	Yes = 3	No = 0
Have you noticed your gums shrinking?	Yes = 3	No = 0

Section 2 Total Points:

Section 3:

Do you have your teeth cleaned at least once a year by a dental professional?	Yes = 0	No = 7
Do you brush your teeth at least once a day?	Yes = 0	No = 4
Do you clean between your teeth with dental floss or an interproximal brush at least once a day?	Yes = 0	No = 4
Do sensitive teeth keep you from brushing more often than you'd like?	Yes = 2	No = 0

Section 3 Total Points:

Now bring down the totals for each section and add up your points for all three sections

Section 1 = _____

Section 2 = _____

Section 3 = _____

Total Pts = _____

If your score is **15 points or more** you may be at higher risk for developing periodontal disease. Seek help from an oral health professional as soon as possible.

Be a Smart Mouth about preventing periodontal (gum) disease by brushing and flossing daily, and have regular professional cleaning and periodic evaluations by your oral health provider.

www.beasmartmouth.com