

**PATIENT HEALTH HISTORY**



Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

General Dentist \_\_\_\_\_ Primary Care Physician \_\_\_\_\_

**Have you ever had an adverse reaction to:**

- Local Anesthetics/Novocain
- Aspirin/Ibuprofen (Advil/Motrin)
- Other \_\_\_\_\_
- Codeine
- Latex
- Dairy and/or Milk
- Antibiotic \_\_\_\_\_

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

**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: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_