

## Are You At Risk for Periodontal Disease?

Periodontal disease is caused by bacteria that collect on teeth and in the space between the tooth and the gum. If left untreated, periodontal disease results in the destruction of the bone that supports the teeth. It is the major cause of tooth loss in adults.

The following questions may help you determine if you are at higher risk for periodontal disease:

	POINTS
Do you have diabetes that requires you to take insulin? ..... If YES, add	20
Do you smoke <b>more than</b> 10 cigarettes a day? ..... If YES, add	20
Do you have diabetes but are not required to take insulin? ..... If YES, add	10
If you have not been treated for periodontal disease, do you return to the dentist as often as recommended? ..... If NO, add	10
Have you lost a tooth in the last three years due to periodontal disease? ..... If YES, add	9
Do you have your teeth cleaned <b>at least</b> once a year by a dentist or a dental hygienist? ..... If NO, add	7
Do you brush your teeth <b>at least</b> once a day? ..... If NO, add	4
Do you clean between your teeth with dental floss or an interproximal brush <b>at least</b> once a day? ..... If NO, add	4
Do your gums bleed when you brush or floss your teeth? ..... If YES, add	4
Are you over 50 years old? ..... If YES, add	4
Do your gums hurt when you brush or floss your teeth? ..... If YES, add	3
Have you noticed your gums receding (shrinking)? ..... If YES, add	3
Do sensitive teeth keep you from brushing more often than you would like? ..... If YES, add	2

**Now, total up your points** \_\_\_\_\_

If your score is 15 points or more you may be at higher risk for developing periodontal disease. The best way to prevent periodontal disease is to brush and floss daily, have regular professional cleanings, and periodic evaluations by your dentist.