Periodontal disease (also called “gum disease”) is a chronic bacterial infection of the gums and bone supporting the teeth. It is caused by certain bacteria that are found on teeth and in the spaces between the teeth and gums. Diagnosing gum disease and getting appropriate treatment is important. Why? Because if left untreated, the disease can progress, which may lead to tooth loss. On top of that, research continues to show that gum disease may have an effect on several serious health conditions. This means that having regular dental check-ups and any needed treatment for gum disease is important not only for your mouth, but for your overall well-being.

Don’t become a statistic

Gum disease is the most significant dental disease affecting adults. According to the American Academy of Periodontology, “more than one in three people over age 30 have periodontitis (gum disease). And, by a conservative estimate, 35.7 million people in the United States have periodontitis.” The good news is that it’s treatable, and like many other health conditions, the earlier you diagnose and treat, the better the outcome.

Are you at risk?

This tool is designed to help you and your dentist identify factors that might increase your risk for gum disease. Please complete this form and share it with your dentist at your next dental check-up.

Please note that this tool serves to provide a guideline as to your risk for gum disease. It is possible to have this disease without obvious warning signs, which is why regular dental checkups are so important.

**Risk assessment instructions:**

For each question, write the numeric “points” associated with your response in the “points” box. Total the points (adding the positive values and subtracting the negative values) to determine your total points/risk value.

Based upon your points, your risk for gum disease is as follows:

- **Low risk = -5 to 0**
- **Low to moderate risk = 1 to 6**
- **Moderate risk = 7 to 11**
- **High risk = 12 or greater**

**Patient name:**

______________________________

**Date:** __/__/____
<table>
<thead>
<tr>
<th>Question and facts about gum disease/dental health</th>
<th>Low risk</th>
<th>Moderate risk</th>
<th>High risk</th>
<th>Points</th>
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</table>
| **How old are you?**  
As we age, the risk of gum disease may increase steadily. | 30 years or younger (0 point) | 31–49 years (1 point) | 50 years and above (3 points) |        |
| **Do you smoke or use any tobacco products?**  
Studies show that using tobacco products may be a significant factor for gum disease. | No (0 point) | Yes (6 points) |        |        |
| **Do you have diabetes?**  
There is a direct relationship between diabetes and gum disease. Individuals who have diabetes are at greater risk for infections, including gum disease. | No (0 point) | Yes (3 points) |        |        |
| **If yes, how is your diabetes controlled?**  
The severity of your diabetes may increase the risk of gum disease. If your diabetes is controlled, it is easier to maintain healthy gums. | N/A or diet controlled (0 point) | Oral medications (1 point) | Insulin (injections) (3 points) |        |
| **Do you have a family history (parents or siblings) of diabetes?**  
Diabetes has been shown to run in families. If someone in your family has diabetes, you may be at greater risk for diabetes and gum disease. | No (0 point) | Yes (2 points) |        |        |
| **Have you been diagnosed with, or do you have signs/symptoms of heart disease (high blood pressure, stroke)?**  
Research shows an association between gum disease and the development of heart disease and stroke. | No (0 point) | Yes (2 points) |        |        |
| **Have you been diagnosed with osteoporosis?**  
Studies suggest a connection between osteoporosis and the loss of bone in the jaw. | No (0 point) | Yes (2 points) |        |        |
| **Are you pregnant?**  
Hormonal changes that occur during pregnancy may cause changes that affect the entire body including the gums, teeth and bones. Good oral health can help to ensure a full-term pregnancy and a healthy baby. | N/A or no (0 point) |        | Yes (2 points) |        |
| **Has a dentist or dental professional ever told you that you have gum disease or have you been treated for gum disease?**  
People who have had gum disease are more likely to have a recurrence of the disease. Good oral hygiene at home and regular dental visits to your dentist or dental professional can help avoid recurrence. | No (0 point) |        | Yes (3 points) |        |
| **Do you have a family history (parents or siblings) of gum disease?**  
According to the American Academy of Periodontology, up to 30% of the population may be genetically susceptible to gum disease. Individuals with a family history of gum disease may be up to six times more likely to develop gum disease. | No (0 point) |        | Yes (2 points) |        |
| **Do your gums bleed?**  
Bleeding gums are a sign that you may have periodontal problems. Healthy gums usually do not bleed. | No (0 point) | Yes (3 points) |        |        |
| **Are your gums receding or making the appearance of your teeth longer?**  
Although receding gums may occur in a healthy mouth, they may be a sign of gum disease. | No (0 point) | Yes (2 points) |        |        |
| **Have you noticed that your teeth are loose or that your bite has changed?**  
As gum disease progresses, teeth may loosen due to loss of the supporting bone that holds them in place. | No (0 point) | Yes (2 points) |        |        |

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<tr>
<td>Have you had a tooth or teeth (other than your wisdom teeth) removed due to gum disease?</td>
<td>No (0 point)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>If gum disease is not treated or allowed to progress, it will result in the loss of teeth.</td>
<td></td>
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<tr>
<td>How long has it been since you’ve had a tooth removed due to gum disease?</td>
<td>More than 24 months or never (0 point)</td>
<td>12–24 months (1 point)</td>
<td>Less than 12 months (2 points)</td>
<td></td>
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<tr>
<td>The more recent your loss of a tooth due to gum disease, the greater your risk of losing more teeth from the disease.</td>
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<tr>
<td>Do you frequently have bad breath?</td>
<td>No (0 point)</td>
<td></td>
<td></td>
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<tr>
<td>Bad breath is often a sign that gum disease is present.</td>
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<tr>
<td>How often do you visit your dentist?</td>
<td>At least 2 times a year (-1 point)</td>
<td>Once a year (1 point)</td>
<td>Less than once a year (2 points)</td>
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<tr>
<td>Regular dental visits allow the dentist to help identify and/or treat gum disease at an earlier stage.</td>
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<tr>
<td>How often do you brush your teeth each day?</td>
<td>2–3 times (-1 point)</td>
<td>1 time (1 point)</td>
<td>Less than 1 time (2 points)</td>
<td></td>
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<tr>
<td>Frequent tooth brushing is an important part of protecting your teeth and gums. It is generally recommended that you spend two minutes brushing at least two times a day.</td>
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<tr>
<td>How often do you floss between your teeth?</td>
<td>Every day (-2 points)</td>
<td>3–4 times per week (1 point)</td>
<td>Less than 3 times per week (2 points)</td>
<td></td>
</tr>
<tr>
<td>Use of dental floss or other types of cleaners between your teeth helps to prevent gum disease. It is recommended that you floss at least once a day.</td>
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<tr>
<td>How often do you use an antimicrobial mouth rinse (Examples – Listerine®, Crest® Pro-Health™ Rinse, Peridex™)?</td>
<td>5–7 times per week (-1 point)</td>
<td>Less than 5 times per week (0 point)</td>
<td></td>
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</tr>
<tr>
<td>Using an antimicrobial mouth rinse on a daily basis may help to reduce the bacteria that cause gum disease.</td>
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</tbody>
</table>

Total Points (refer to the top of page 1 for scoring values)

If you have questions about your dental health, speak to your dentist. If you’re a Cigna customer and you haven’t already done so, register at myCigna.com, a secure online tool that makes it easier and faster for you to access your personalized dental plan information, print an ID card, find a network dentist and much more. Or, you can call 1.800.Cigna24 (1.800.244.6224) 24/7 to speak with one of our friendly customer service representatives.

* Point values are not validated

1. Source: www.perio.org/consumer/disease_facts.htm
2. Source: http://www.perio.org/consumer/faq_general.htm

References:

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