

PERIODONTAL (GUM) DISEASE RISK ASSESSMENT FOR CUSTOMERS

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 checkups 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 recent findings from the Centers for Disease Control and Prevention (CDC), half of Americans aged 30 or older have periodontitis, the more advanced form of periodontal disease. This equals approximately 64.7 million Americans.¹ 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 checkup.**

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.

Together, all the way.®

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: ____/____/____



To be answered by the patient, parent or primary caregiver about the patient.
 (Select the response under the risk columns that best answers each question.)

Enter points* in
 this column



| Question and facts about gum disease/dental health | LOW RISK | MODERATE RISK | HIGH RISK | POINTS |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|--------------------------------------|-------------------------------------------|--------|
| 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, research has indicated that some people may be genetically susceptible to gum disease. ¹ | 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) | |

Page 2 points subtotal

continued on next page

Enter points* in
this column



| Question and facts about dental health | LOW RISK | MODERATE RISK | HIGH RISK | POINTS |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------------|------------------------------------------|--------|
| <p>Have you had a tooth or teeth (other than your wisdom teeth) removed due to gum disease?</p> <p>If gum disease is not treated or allowed to progress, it will result in the loss of teeth.</p> | No (0 point) | | Yes (3 points) | |
| <p>How long has it been since you've had a tooth removed due to gum disease?</p> <p>The more recent your loss of a tooth due to gum disease, the greater your risk of losing more teeth from the disease.</p> | More than 24 months or never (0 point) | 12–24 months (1 point) | Less than 12 months (2 points) | |
| <p>Do you frequently have bad breath?</p> <p>Bad breath is often a sign that gum disease is present.</p> | No (0 point) | | Yes (2 points) | |
| <p>How often do you visit your dentist?</p> <p>Regular dental visits allow the dentist to help identify and/or treat gum disease at an earlier stage.</p> | At least 2 times a year (-1 point) | Once a year (1 point) | Less than once a year (2 points) | |
| <p>How often do you brush your teeth each day?</p> <p>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.</p> | 2–3 times (-1 point) | 1 time (1 point) | Less than 1 time (2 points) | |
| <p>How often do you floss between your teeth?</p> <p>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.</p> | Every day (-2 points) | 3–4 times per week (1 point) | Less than 3 times per week (2 points) | |
| <p>How often do you use an antimicrobial mouth rinse (examples: Listerine®, Crest® Pro-Health™ Rinse, Peridex™)?</p> <p>Using an antimicrobial mouth rinse on a daily basis may help to reduce the bacteria that cause gum disease.</p> | 5–7 times per week (-1 point) | | Less than 5 times per week (0 point) | |
| 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**, our customer website 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 **800.Cigna24 (800.244.6224)** 24/7 to speak with one of our friendly customer service representatives.



* Point values are not validated

1. "Periodontal Disease Fact Sheet" American Academy of Periodontology, accessed October 2015. <https://www.perio.org/newsroom/periodontal-disease-fact-sheet>

References:

Douglass, Chester W., DMD, PhD, "Risk assessment and management of periodontal disease," Journal of the American Dental Association, Vol. 137, November 2006, p. 275-325; Ira B. Lamster, DDS, MMSc, "Antimicrobial mouthrinses and the management of periodontal diseases: Introduction to the supplement," Journal of the American Dental Association, Vol. 137, November 2006, p. 5s-9s; Eke, Paul I. and Genco, Robert J., "CDC Periodontal Disease Surveillance Project: Background, Objectives, and Progress Report," Journal of Periodontology, Vol. 78, No. 7 (Suppl.), p.1366-1371; "American Academy of Periodontology Statement on Risk Assessment," Journal of Periodontology, Vol. 79, No. 2, p. 202; "Guidelines for the Management of Patients With Periodontal Diseases," Journal of Periodontology, Vol. 77, No. 9, p. 1607-1611

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