Are You at Risk for Gum Disease?

Take a short quiz to find out.

- 1. Are you over 40 years old?
- O Yes (1 pt.)
- O No (0 pts.)
- 2. How often do you brush your teeth?
- O Less than once a day (2 pts.)
- O Once a day (1 pt.)
- O Two or more times a day (0 pts.)

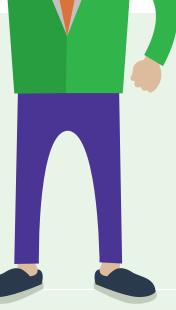
3. How often do you floss?

- O Less than 3 times a week (2 pts.)
- O 3-4 times a week (1 pt.)
- O Every day (0 pts.)
- 4. Do your gums ever bleed when you brush or floss your teeth?
- O Yes (2 pt.)
- O No (0 pts.)
- 5. How often do you have your teeth professionally cleaned?
- O Less than once a year (2 pts.)
- O Once a year (1 pt.)
- O Twice a year or more (0 pts.)
- 6. Do any of your teeth feel loose?
- O Yes (4 pts.)
- O No (0 pts.)

- 7. Are your gums receding away from your teeth?
- O Yes (4 pts.)
- O No (0 pts.)
- 8. Does anyone in your immediate family have a history of gum disease?
- O Yes (2 pts.)
- O No (0 pts.)
- 9. Do you smoke or use any other tobacco products?
- O Yes (4 pts.) O No (0 pts.)

10. Do you have diabetes?

- O Yes (2 pts.)
- O No (0 pts.)
- 11. Have you been diagnosed with heart disease, stroke, high blood pressure or osteoporosis?
- O Yes (1 pts.) O No (0 pts.)
- 12. Are you pregnant?
- O Yes (1 pts.)
- O No (0 pts.)



WHAT'S YOUR SCORE?

0-3 you have a low risk of gum disease

4-12

vou have a medium risk of gum disease

13-27

you have a high risk of gum disease and should consult your dentist as soon as possible

Need help finding a dentist? Visit www.deltadentalar.com/find-a-doctor.