

Are You at Risk for Gum Disease?



Take a short quiz to find out.

1. Are you over 40 years old?

- Yes (1 pt.)
- No (0 pts.)

2. How often do you brush your teeth?

- Less than once a day (2 pts.)
- Once a day (1 pt.)
- Two or more times a day (0 pts.)

3. How often do you floss?

- Less than 3 times a week (2 pts.)
- 3-4 times a week (1 pt.)
- Every day (0 pts.)

4. Do your gums ever bleed when you brush or floss your teeth?

- Yes (2 pt.)
- No (0 pts.)

5. How often do you have your teeth professionally cleaned?

- Less than once a year (2 pts.)
- Once a year (1 pt.)
- Twice a year or more (0 pts.)

6. Do any of your teeth feel loose?

- Yes (4 pts.)
- No (0 pts.)

7. Are your gums receding away from your teeth?

- Yes (4 pts.)
- No (0 pts.)

8. Does anyone in your immediate family have a history of gum disease?

- Yes (2 pts.)
- No (0 pts.)

9. Do you smoke or use any other tobacco products?

- Yes (4 pts.)
- No (0 pts.)

10. Do you have diabetes?

- Yes (2 pts.)
- No (0 pts.)

11. Have you been diagnosed with heart disease, stroke, high blood pressure or osteoporosis?

- Yes (1 pts.)
- No (0 pts.)

12. Are you pregnant?

- Yes (1 pts.)
- No (0 pts.)

WHAT'S YOUR SCORE?

0-3

you have a low risk of gum disease

4-12

you 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