



Patient: \_\_\_\_\_ BP: \_\_\_\_\_ P: \_\_\_\_\_  
 Healthy / At Risk

Health Concerns: \_\_\_\_\_

***Our Purpose: Help our patients be healthy and love to smile by educating and enrolling them into complete health***

### Healthy Teeth are:

- ♥ Stable fillings and crowns
- ♥ Whole and complete teeth

And free from:

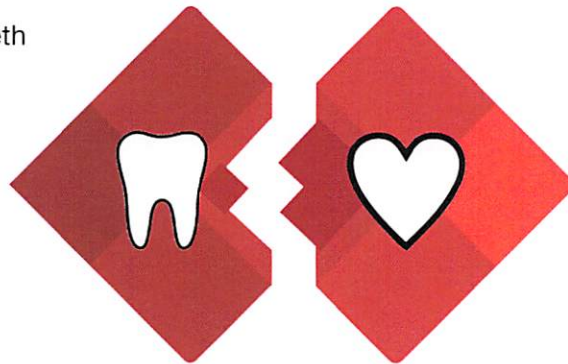
- Decay
- Infection
- Cracked or broken
- Loose or missing teeth
- Sensitive/Painful
- Defective Fillings

### Healthy Gums are:

- ♥ Pink and firm
- ♥ 1-3 mm pockets

And free from:

- Bone loss
- Bleeding and Inflammation
- Gum recession
- Plaque/Tartar
- ≥ 4 mm pockets
- Bad breath



**A Healthy Mouth is...**

### Healthy Airway's & Bite's are:

- ♥ Comfortable bite
- ♥ Well rested
- ♥ Awake and alert
- ♥ Straight teeth and smile

And free from:

- Joint pain and noises
- Crooked teeth
- Worn down/shortening of teeth
- Grinding or clenching
- Headaches
- Tension and stress
- Sleep apnea

### General Oral Health

- ♥ Head and Neck cancerous lesions

And free from:

- Head and Neck cancerous lesions
- Pain on face or mouth
- Dry mouth
- Smoking
- Tobacco
- Substance abuse

### Healthy Habits are:

- ♥ Brushing 2x/day with Fluoride toothpaste
- ♥ Flossing 1x/day
- ♥ Waterpik daily
- ♥ PerioProtect
- ♥ Wearing retainers nightly
- ♥ Overall healthy lifestyle

Avoiding:

- High acidic foods
- Constant sipping of drinks
- Frequent sugar exposure throughout the day

Your Next Oral Wellness visit is M T W Th \_\_\_\_\_ 20\_\_ @ \_\_\_\_\_ AM PM

Our mouth is the gateway to our total body health. See the facts on the back.

# THE ORAL-SYSTEMIC FACTS ARE...

...at least 80% of American adults have gum inflammation/disease.

...gum disease is linked with blood vessel disease, heart attacks and strokes.

...gum disease and tooth loss increases risk of Alzheimer's disease.

...if you have diabetes and bleeding gums, your risk of premature death increases by 400 to 700 percent.

...gum disease increases risk for head & neck cancer, and pancreatic and kidney cancer.

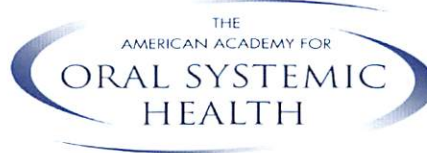
...increased trigeminal nerve traffic from TMJ and bad dental bite can create central sensitization and migraines.

...poor ventilation during sleep triggers nighttime clenching & bracing to maintain the airway.

...bad bites and poor oral-facial development increases risk for sleep apnea.

...cavities are caused by acid-loving bacteria spread during kissing and sharing food.

...oral bacteria are being found in brain tissue, heart vessels, joints, and many other parts of your body.



Your mouth talks to your body...

...and your body talks to your mouth

What Happens In Your Mouth...Does NOT Stay in Your Mouth!