

Medical History Form-

The flagship of Oral Systemic Treatment Planning



A dental medical history form can be used to guide a clinician through an understanding of what is relative to oral medicine. The medical history form can be used to start conversations and make connections between oral health and overall health.

Is the layout of the medical history that you are currently using easy for the clinician to visualize oral systemic connections or concerns? Are the inflammatory risk factors grouped together on the form?

The following are considered inflammatory risk factors: Heart attack* Stroke/ TIA* Osteoporosis* Hypertension*Diabetes*High Stress*Smoker in the past 3 Years*Rheumatoid arthritis*COPD*GI disorders/IBS/ Crohns*Periodontal Disease*High Carb Diet*Lack of Exercise*Pregnancy*Past Miscarriage*Poor Sleep Quality*Snoring*Use of a CPAP*Cancer. Having these grouped together should help the clinician make a quick determination of the inflammatory burden that a

given patient is under or not. If a patient indicates that they have or have had any of the above, a systemic inflammatory conversation should begin.

Predisposing genetic background should be established through a medical history form as well. These questions should be grouped together on the medical dental history form:

- Has a parent or grandparent had Diabetes? Yes or No
- Has a parent or grandparent had a heart attack or stroke? Yes or No
- Has a parent or grandparent had Periodontal Disease? Yes or No
- Has a parent or grandparent had COPD? Yes or No
- Has a parent or grandparent had cancer? Yes or No

Once the presence or absence of inflammatory burdens is established a determination of if a patient is to be considered high risk or low risk should be made. Age is a determining factor in this assessment as well. Any patient 50 years old or older is considered to have reached an age that disease prevalence increases.

A periodontal evaluation will reveal bleeding sites, suspicion of pathogens, recession, mobility and boney architecture status. Together the medical history form and the periodontal

evaluation will allow the dental professional to make a complete and comprehensive oral systemic evaluation. Treatment planning can begin to set forward total body health for a given patient.

A medical history form that enables dental professionals to move from inflammatory periodontal discussions to systemic inflammatory dialogue can lead patients toward a potentially healthier life.

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