



C. Austin Risbeck, RDH

Dear Colleagues and Friends,

Nearly three years ago I read Dr. David Satcher's report titled, *Oral Health in America*. The report explains the prevalence of tooth decay and periodontal disease in America. Some of the major findings include, oral diseases and disorders in and of themselves affect health and well-being throughout life; lifestyle behaviors that affect general health such as tobacco use, excessive alcohol use, and poor dietary choices affect oral health as well; more information is needed to improve America's oral health and eliminate disparities; the mouth reflects general health and well-being; and oral diseases and conditions are associated with other health problems.

Oral Health in America: A Report of the Surgeon General

[Click here for your copy](#)

Dr. Satcher charged all healthcare professionals to "play a role in reducing the burden of disease in America by calling attention to risk factors associated with general health and suggesting appropriate actions."

Healthy People 2010 (HP 2010) is an important companion to *Oral Health in America*. HP 2010 is a comprehensive set of disease prevention and health promotion objectives for the Nation to achieve over the first decade of the new century. The overarching goals of HP 2010 are to increase quality and years of healthy life, and to eliminate health disparities. Oral Health is one of the many focus areas, along with Physical Activity, Overweight and Obesity and Tobacco Use listed as the top three issues for the nation. HP 2010 challenges individuals, communities and professional organizations to take specific steps to ensure that good health, as well as long life, are enjoyed by all.



[Click here for web link](#)

Dental Hygienists Against Heart Disease is a coalition of oral health advocates who promote total health and disease prevention by promoting oral health, ensure our patients benefit from the existing and emerging science-based research, and change perceptions regarding oral health and disease so that oral health becomes an accepted component of general health. I have designed a total health and disease prevention program that will move dentistry into a wellness model of patient care based on risk identification, risk reduction and disease prevention. We are a team of dentists, physicians, dental hygienists, nurses, and dietitians. Please join us.

DENTAL HYGIENISTS AGAINST HEART DISEASE

The Total Health and Disease Prevention Program consists of these patient information sheets:

- ◇ The etiology and prevention of tooth decay;
- ◇ The etiology and prevention of gum disease;
- ◇ How gum disease is a risk factor for heart disease;
- ◇ Oral bacteria and other connections;
- ◇ Risk Factors - The Mouth-Body Connection - Risk factors that can't be changed;
- ◇ Risk Factors - The Mouth-Body Connection - Risk factors that can be changed;
- ◇ Risk factor - Gum disease;
- ◇ Risk factor - Heart disease;
- ◇ Risk factor - Cigarette smoking;
- ◇ Risk factor - High blood pressure;
- ◇ Risk factor - High blood cholesterol;
- ◇ Risk factor - Physical inactivity;
- ◇ Risk factor - Overweight and obesity;
- ◇ Risk factor - Stress;
- ◇ Nutrition - Aim for a healthy weight;
- ◇ Nutrition - Body Mass Index (BMI);
- ◇ Nutrition - Be physically active;
- ◇ Nutrition - Choose sensibly;
- ◇ Nutrition - Choose a variety,

and, the Medical History Update form to determine the patient's level of risk for developing cardiovascular disease by performing a risk assessment.

The patient information sheets can be displayed on a bulletin board or in a 3-ring binder. Patients can request any or all of the sheets to be sent to them via e-mail by using the sign-up sheet provided.

What Does It Take To Join?

Only your interest and desire to implement a wellness program of patient care, to include total health preventive intervention, risk factor identification and reduction, education on the lifestyle to reduce risks, and chronic disease prevention, including tooth decay, periodontal disease, and cardiovascular disease.

Just e-mail me with a request, and I'll send you the Total Health Promotion and Disease Prevention packet. (3.4 MB) This is a very large file and some servers cannot support such a large file. The packet is also available as four separate components.

The Total Health Promotion packet is only available via e-mail.

I have been researching the connection between oral bacteria and the development of cardiovascular disease for nearly three years now. I am convinced dental hygienists have the power to reduce, eliminate and eventually eradicate, many of the chronic diseases that reduce our patient's quality of life and well-being. Dietary intervention is one of our critical responsibilities along with education on increased physical activity, and smoking cessation. Please join us in teaching our patients to live longer, healthier lives.

DH AGAINST HD

A coalition of oral health advocates who promote total health and disease prevention by promoting oral health, we ensure our patients benefit from science-based research, and we change perceptions regarding oral health and disease, so that oral health becomes an accepted component of general health.

Oral Health and Nutrition

[Click here to take you to the American Dietetic Association web site](#)

The American Dietetic Association states that dietetics and dental professionals need to undertake activities for effective integration of oral health and nutrition in health promotion and disease prevention and intervention.

One of the activities suggested for the dental professional in a clinical setting is to include diet counseling for caries prevention and control as a component of comprehensive dental care.

Request a nutritional consult and confer with dietetics professional for patients at nutrition risk because of compromised oral health (e.g. tooth decay, diabetes, xerostomia, immunosuppressive disorders).

Be familiar with nontraditional diet interventions and provide patients with guidelines to maximize oral intake.

A diet low in nutrients can diminish the body's ability to fight infection. A well-balanced diet benefits oral health as well as overall general health.

TAKE ACTION NOW

[Click here to write a letter to President Bush](#)

Tell President Bush to invest in heart disease and stroke research and prevention.

You will sign up to be part of legislative action and then you can send a prefabricated letter to President Bush expressing concern about the lack of sufficient funding for heart disease and stroke.

Research has demonstrated that a significant portion of the disability and death caused by heart attack, stroke, and other cardiovascular diseases can be prevented.

Dental hygienists are in a position to promote tobacco cessation, encourage our patients to increase their physical activity, and teach them what a well-balanced diet is and how to make healthy food choices.

The Congressional Heart and Stroke Coalition

[Click here to take you to the coalition web site](#)

The Coalition, which is made up of over 180 members of Congress, works to raise awareness of the seriousness of cardiovascular diseases and acts as a resource center on heart and stroke issues including: bioresearch; quality and availability of care; and health promotion and disease prevention. The Coalition also works to advance public policy aimed at fighting cardiovascular disease.

Congress must enact strong tobacco control legislation to effectively fight heart disease and stroke.

Congress must also ensure that physical activity is a major component of appropriate disease prevention and health promotion efforts.

Congress can promote healthy diets by supporting policies that give consumers the necessary nutritional information they need to make healthy lifestyle choices.

FIND THE CONGRESSIONAL DELEGATION FOR YOUR STATE

[Click here](#)

This link will take you to a web site to locate elected officials, to include members of Congress, governors, state legislators, and local officials.

Write a letter to your state senators and members of Congress.

CLIENT'S NAME _____
Last
First
Date of Birth

Have there been any changes in your medical history since your last dental visit? **Yes/No**

<p>Comments:</p> <p>Client: Include medications, medication changes, major illnesses, hospitalizations, operations, pregnancy, diet changes, allergies, high blood pressure, diabetes, or heart disease.</p>	<p>Comments:</p> <p>Staff: Include monitoring of blood pressure, diet counseling along with increased physical activity, and smoking status. Offer smoking cessation and document response.</p>
---	--

RISK ASSESSMENT FOR CARDIOVASCULAR DISEASE (CVD)

This risk assessment is designed to identify clients who are at high risk of developing cardiovascular disease.
 If two or more risk factors are identified, including periodontal disease, refer the client to an appropriate medical provider for further evaluation.
 Use only as a screening tool, and not to make a diagnosis of cardiovascular disease.

1. **Age?** _____ (Higher risk: Women: >55 years old, Men: >45 years old)
2. **Do you smoke or live or work with others who smoke tobacco daily?** _____ (Answer yes if you have smoked any tobacco in the past month or have been exposed to passive (secondhand) smoke.)
3. **Have you been told your blood pressure is too high ($\geq 140/90$ mm Hg)?** _____ (Optimum: 120/80 mm Hg
 Systolic HBP: 130-139/85-89 mm Hg; Stage 1 HBP 140-159/90-99 mm Hg, Stage 2 HBP 160-179/100-109 mm Hg, Stage 3 HBP $\geq 180/\geq 110$ mm Hg)
4. **Is your cholesterol level 240 mg/dL or higher?** _____ (Desirable: TC<200 mg/dL, LDL <100 mg/dL, HDL ≥ 60 mg/dL)
5. **Is your diet too high in fat?** _____ (Fat intake of $\leq 30\%$ of total calories in your daily diet is desirable)
6. **Is your fasting blood sugar level 126 mg/dL or higher?** _____ (Desirable: 70-110 mg/dL, Borderline: 111-125 mg/dL)
7. **Do you have diabetes or have a family history of diabetes?** _____ (Parent, brother or sister who has diabetes)
8. **Do you have heart disease?** _____ (Include type and history of heart attack or stroke, and date of event(s))
9. **Do you have a family history of heart disease?** _____ (Father/brother had heart attack before age 55; mother or sister had a heart attack before age 65; mother, father sister, brother or grandparents had a stroke)
10. **Are you fairly inactive? Do you exercise fewer than 3 times a week?** _____ (Min: 30 mins. 5 days per week)
11. **Are you overweight according to the BMI?** _____ (Normal weight: 18.5-24.9, Overweight: 25-29.9, Obese: 30 or greater)

Date

Client signature

MEDICAL HISTORY UPDATE

