

Patient Information for Periodontal Treatment Planning Appointment

A holistic approach to patient care

When attending for your periodontal assessment, we will routinely take height, weight and waist measurements together with recording blood pressure. We will calculate your body mass index (BMI). Lifestyle factors, such as smoking, alcohol and diet will be discussed together with your exercise regime.

Why do we take these measurements and ask about lifestyle factors?

It has been shown that increased BMI and waist measurements are associated with a number of common chronic diseases, including high blood pressure, heart disease and type 2 diabetes.

Diabetes and smoking are the major risk factors for periodontitis. There is also scientific data suggesting that BMI is associated with periodontitis. There are several studies indicating that periodontitis may be a risk factor for heart disease.

We ask about alcohol intake because together with smoking, alcohol contributes to many chronic diseases, including oral cancer. For oral cancer, there is clear evidence that smoking and alcohol together multiply the risk to a much greater extent than each does individually.

How can screening help?

Many patients rarely visit their doctor and may not be aware that they have raised blood pressure. High blood pressure is a risk factor for heart disease and stroke, and early intervention can prevent damage to these vital organs. Sometimes patients' blood pressure may be raised because they are apprehensive about their appointment but we usually recommend that they visit their doctor's surgery to have it rechecked.

Discussing diet, BMI and exercise with a health care professional can encourage patients to think about eating a healthy balanced diet and balancing calorie intake with the amount of exercise they take.

It is recommended that anyone with above normal blood pressure measurements should be attempting to lower them. The charity Blood Pressure UK is dedicated to lowering the nation's blood pressure and recommends five tips:

1. Eat less salt
2. Eat more vegetables and fruit
3. Keep to a healthy weight
4. Drink less alcohol
5. Take regular exercise

You can find out more information on the website at www.bloodpressureuk.org

Your choice

Because of the associations between other systemic diseases and periodontitis, we recommend that patients have these straightforward screening measurements recorded. However, it is your decision whether you wish to do so, and we always respect the patient's right to choose.