

MY DIABETES RESULTS FOR 20.....

NAME.....DOB.....

Doctors: HbA1c, this should be below 6.5%

Risk Factor: **less than 6.5% low**; **6.5-8.5%, medium**; **8.5% or more high**.

Date..... HbA1c..... Risk Level.....

Previous Results

Date..... HbA1c..... Risk Level.....

Dentists: The Basic Periodontal Examination (BPE).

Date..... Highest Score.....

Risk Factor **0-1 low**; **2-3 medium**; **4 or 4* high**

Previous Results

Date..... Highest Score.....

Risk Factor **0-1 low**; **2-3 medium**; **4 or 4* high**

Notes: These numbers range from 0 to 4*. The maximum score in each sextant is recorded.

0 - No periodontal problems.

1 - Bleeding on probing (a sign of gingivitis and poor plaque control).

2 - Calculus (indicating the need for scaling and root planning).

3 - Pockets of 3.5 to 5.5mm (that is early periodontal breakdown).

4 - Pockets of 5.5 to 8.5mm (that is moderately severe periodontal breakdown).

4*- Pockets greater than 8.5mm (that is severe periodontal breakdown with an increased risk that teeth will require extraction).