

Diabetes and Oral Health

Exploring the Link Between Diabetes and Gum (Periodontal) Disease

Diabetes and gum (periodontal) disease are common chronic diseases in the United States. Scientific evidence supports a two-way relationship between diabetes and oral health. Diabetes adversely affects periodontal health and, in turn, scientists think that periodontal health impacts diabetes.



Strong scientific data indicates that diabetes can adversely affect gum disease.

- People with diabetes get periodontal disease more easily, and their periodontal disease progresses faster than it does in people without diabetes. Emerging science indicates gum disease may also be one of the reasons people get type 2 and gestational diabetes.
- Evidence suggests gestational diabetes may adversely affect periodontal health. Pregnant women with gestational diabetes can either develop gum disease, or if they already have gum disease, gestational diabetes can make it worse.
- It is important to treat gum disease to have a healthy mouth. It is also helpful for people with diabetes to control their glucose over the long term. Keeping blood sugar lower means better control over diseases. If the gums are healthy some people might not get diabetes at all, or they might not get it so soon. A healthy mouth may even help people with diabetes not get the serious health problems that comes with diabetes.

The bottom line...

- Many people with gum disease or diabetes are not aware that they have these conditions. Regular dental checkups are extremely important for the identification and treatment of gum disease.

Terms

Prediabetes - blood sugar levels are elevated but not high enough to be diagnosed with diabetes. Weight loss and moderate physical activity have been shown to reduce the risk of developing type 2 diabetes.

Type 1 Diabetes is usually first diagnosed in children, teenagers and young adults. The cells in the pancreas no longer make insulin.

Type 2 Diabetes can occur at any age, even childhood. About 90 to 95% of people with diabetes have type 2. The pancreas produces some insulin but not enough. Type 2 diabetes is associated with older age, being overweight or obese, physical inactivity, family history of diabetes, history of diabetes during pregnancy, and certain ethnicities.

Gestational Diabetes describes pregnant women who have never had diabetes before, but have high blood sugar levels during pregnancy. Gestational diabetes puts women at higher risk of developing type 2 diabetes.

References:

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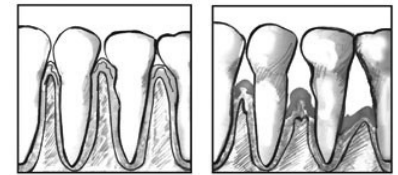
Gum Disease – What Do I Need to Know?

Glucose (sugar) is present in your saliva--the fluid in your mouth that makes it wet. When diabetes is not controlled, high glucose levels in your saliva help harmful bacteria grow. These bacteria combine with food to form a soft, sticky film called plaque. Some types of plaque cause tooth decay or cavities. Other types of plaque cause gum disease and bad breath.

high glucose levels = ↑ plaque

Gingivitis is a mild form of gum disease caused by plaque buildup. Gums appear red and swollen, are painful and bleed easily when brushed. Gingivitis can be reversed with dental cleaning and proper home oral hygiene. Plaque that is not removed by regular brushing and flossing hardens over time into tartar and collects above your gum line. Tartar makes it harder to brush and clean teeth between teeth.

If not treated gingivitis can advance to periodontitis. The gums pull away from the teeth and form spaces, called pockets, which slowly become infected. This infection can last a long time. Your body fights the bacteria as the plaque spreads and grows below the gum line. Both the bacteria and your body's response to this infection start to break down the bone and the tissue that hold the teeth in place. If left untreated, there may be so much bone destruction that the teeth will loosen and fall out. An infection, mild or severe, can cause blood sugar to rise.




Healthy gums Periodontitis

The health of your mouth may affect your body's ability to maintain healthy blood sugar levels. People with diabetes have a greater risk of developing gum (periodontal) disease because of high levels of glucose (sugar) in the saliva. Gum disease can be more severe and take longer to heal if you have diabetes. In turn, having gum disease can make your blood glucose hard to control.



PREDIABETES

86 MILLION American adults
-- more than 1 out of 3 --
have prediabetes.
COULD IT BE YOU?



Prediabetes increases your risk of type 2 Diabetes

If you have prediabetes, losing weight by:

 **EATING HEALTHY** &  **BEING MORE ACTIVE**

can

CUT YOUR RISK of getting type 2 diabetes in

HALF

FIND OUT IF YOU HAVE PREDIABETES...

See your doctor to get your blood sugar tested

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