

# Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention  
Section, Forsyth County Department of Public Health



## Oral Health and Diabetes

### Your diabetes may be effecting your oral health.

Diabetes reduces the body's ability to fight off infections. The gum tissue is most likely to be affected by this condition. Periodontal disease is the infection of gum tissue and the bone that supports the gum and teeth. Without healthy bone, the teeth will become loose; this can lead to tooth loss.

#### Oral Health Problems Associated with diabetes:

- Tooth decay
- Periodontal disease
- Salivary gland dysfunction
- Fungal infections
- Lichen planus and lichenoid reactions (inflammatory skin disease)
- Infection and delayed healing
- Taste impairment <sup>2</sup>

Periodontal disease is often associated with the control of diabetes. Patients with uncontrolled blood sugar levels tend to develop periodontal disease more frequently and with greater severity. <sup>1</sup>

You can help prevent periodontal disease by controlling your blood sugar and brushing and flossing two to three times per day. It is also important to visit the dentist for routine professional dental exams and cleanings; be sure to let your dentist know you are diabetic. Your dentist will screen for periodontal disease at each appointment to be assured to address any problems at their initial stage. <sup>1</sup>

### Periodontal Disease Symptoms

#### Visit your dentist if you notice:

- Bleeding Gums
- Gums Recession
- Pus when gums are pressed
- Persistent bad breath
- Loose teeth
- Changes in the way your teeth fit together
- Partial dentures do not fit the same <sup>1</sup>



#### Preventive Measures:

- Brush your teeth daily
- Floss your teeth everyday
- Use fluoride
- Visit the dentist regularly
- Tell your dentist if you are diabetic
- Routine medical evaluations
- One on one patient education
- Control your blood sugar
- Quit Smoking
- Proper diet and exercise <sup>2</sup>



From multiple sources as of 8/30/12:

<sup>1</sup> American Dental Association; Diabetes and Your Oral Health, 2006

<sup>2</sup> <http://www.ada.org/3280.aspx>

#### For more information:

Preventive Dental Health Program

[http://www.forsyth.cc/PublicHealth/schoolage\\_dental.aspx](http://www.forsyth.cc/PublicHealth/schoolage_dental.aspx)