



# did you know?

...in some people, the drastic deterioration of periodontal (gum and bone) conditions found during a dental examination has led to the diagnosis of previously undetected diabetes.

...higher blood sugar levels reduce the body's ability to fight infection, making the person with diabetes more prone to bacterial, viral or fungal infections in the mouth.

...higher levels of glucose in saliva promote the growth of plaque, which is the major cause of gum disease.

...serious gum disease may increase both blood sugar levels and the length of time the blood sugar levels are elevated.

...effective oral care routines can reduce inflammation in the tissues around the teeth and help to improve the control of blood sugar for people with diabetes.

...people with diabetes require insulin less often after their periodontal (gum and bone) condition is treated and when they maintain effective oral care routines that include regular visits to their dentist.

To help protect your teeth and gums against oral disease and maintain overall good health, your oral hygiene routine should consistently include:

- brushing your teeth 2-3 times a day (whether they are real or replacement) and flossing once daily;
- using toothpaste containing fluoride;
- limiting sweets; and
- visiting your dentist regularly.



## Your dentist sees more than **just** your teeth.

For more information about the relationship between oral and overall health, ask your dentist.

[www.oda.ca](http://www.oda.ca)

PROVIDED BY:



**It is estimated that 2.25 million Canadians have diabetes.**

Many are unaware they have the condition. Your dentist may help detect signs of early onset diabetes by monitoring oral infections that affect your gums and jaw.



**YOUR HEALTH... ask your dentist.**



## Diabetes and Oral Health

There is growing scientific evidence that suggests a strong relationship between your oral health and your overall health.

Striving to achieve optimal health is essential for everyone and this becomes even more important when your health has been affected in some way.

The Ontario Dental Association is pleased to provide this overview of important information that focuses on the relationship between diabetes and oral health care.

Research shows that gum disease and diabetes can affect one another. For instance, gum disease can intensify the complications associated with diabetes by increasing blood sugar. Blood sugar levels that remain high over a period of time are associated with premature degeneration of your eyes, kidneys, nerves, and blood vessels.

Studies have also shown that people with diabetes face a greater risk of developing oral infections and periodontal (gum) disease than those who do not have diabetes.

The good news is that the treatment of either gum disease or diabetes can lead to improvements in the other.

Your dentist has the training and experience necessary to assess your oral health and to determine a course of treatment that is best for you.

### The most common oral health problems associated with diabetes

tooth decay

gum disease

dry mouth

fungal infections

lesions in the mouth

taste impairment

infection and delayed healing

# take control



Staying in touch with your dentist and other health providers to assist you in the treatment of your diabetes is important. Communication with your dentist is vital. Let your dentist know:

- If you have been diagnosed with diabetes
- If the disease is under control
- If you take insulin and when your last usual dose of insulin was administered
- If there has been any other change in your medical history, and
- The names of all prescription and over-the-counter drugs (even 'natural' medicines) you are taking

# facts about diabetes

Diabetes is a condition in which the body does not produce or properly use insulin – a hormone needed to absorb sugar. As a result, the body cannot use sugars from food, which are the basic fuel for cells.

### In type 1 diabetes the body makes little or no insulin.

- This often leads to total insulin deficiency
- This condition tends to occur in individuals under 30 years of age, most often in childhood or during the teen years; older patients exhibit this form of diabetes on occasion

### In type 2 diabetes the cells in the body do not respond properly to insulin produced.

- In this condition, patients produce insulin, but the body doesn't respond properly to this hormone
- There is a direct relationship between the degree of obesity and the risk of developing type 2 diabetes in both children and adults

### Diabetes can cause nerve damage, resulting in extremities (hands and feet) losing sensation.

As a result, people with diabetes are often unaware of injuries. A person with reduced sensation is less likely to notice small cuts or blisters if and when they occur. This can lead to infections and other serious complications.

For more information on diabetes, please visit the Canadian Diabetes Association website at

[www.diabetes.ca](http://www.diabetes.ca)