



Perio & Diabetes

Recommendations for patients and the public:
what you should **know**,
what you should **do**



Periodontitis & diabetes mellitus **general facts**



Diabetes and periodontitis are **chronic non-communicable** diseases, whose prevalence increases with age.



People with periodontitis **have an elevated risk** of pre-diabetes or developing type 2 diabetes.



There is a **bidirectional (two-way) relationship** between periodontitis and diabetes.



People with both diabetes and periodontitis have a **greater likelihood of more severe medical complications** (affecting eyes and kidneys) **and even death** than people with diabetes alone.



If untreated, periodontitis causes **tooth loss**.



Periodontal treatment in people with diabetes **results in a significant reduction in glycated haemoglobin (HbA1c) levels** three months after periodontal therapy, with emerging evidence available also for six months.



Periodontitis **is easily diagnosed and clinically controlled**. With regular high-quality supportive treatment, clinical results can be maintained.



Early diagnosis, prevention, and co-management (dentists and physicians) of both diabetes and periodontitis is of utmost importance.



People with sub-optimally controlled diabetes (both type 1 and 2) suffer from increased periodontal **inflammation / destruction / breakdown**.



Successful periodontal treatment has a **clinically significant effect on general health** and should have a place in the treatment of people with diabetes.

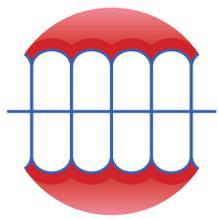
You may think you are doing well, but you may not be **doing well enough**

Keep your mouth and body as healthy as possible

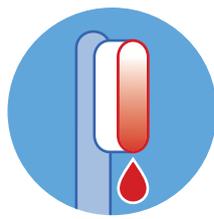
Visit both your doctor and dentist on a regular basis



Signs and symptoms of periodontitis



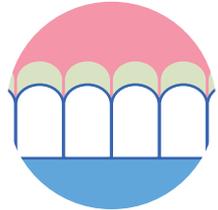
Red or swollen gums



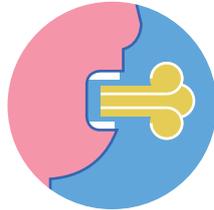
Bleeding from the gums or blood in the sink after you brush your teeth



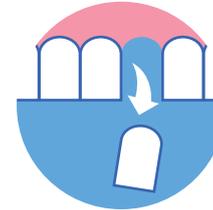
Bad taste



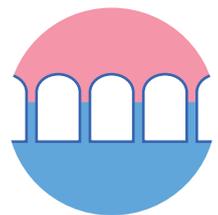
Longer-looking teeth



Bad breath (halitosis)



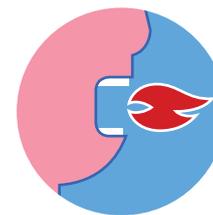
Loose teeth



Increasing spaces between your teeth



Calculus (tartar) on your teeth



Dry and/or burning mouth

How to prevent gum disease

- Seek advice from your dental-care professional twice a year.
- Brush your teeth twice a day (minimum two minutes).
- Clean in between the teeth every day: use interdental brushes – or floss if the gaps between your teeth are too tight.
- Live a healthy life (low refined sugars and high antioxidant nutrition, physical activity, reduced stress) and avoid smoking.

Benefits of periodontal therapy

- Successful periodontal therapy will arrest disease progression, stabilise bone levels, diminish symptoms, and lengthen the life expectancy of teeth.
- Successful periodontal treatment reduces circulating levels of inflammatory molecules in people with diabetes.
- In people with diabetes, periodontal care (therapy) is safe and effective.
- Periodontal therapy significantly reduces HbA1c and glycaemia both in people with diabetes and in those without the disease.
- Successful gum treatment reduces blood-sugar (HbA1c) levels and could help you avoid having to take extra medication.
- May contribute to reduced diabetes-associated morbidity and mortality.

What you should do:

- Inform your dentist about the outcome of your visits to the doctor.
- Provide your dentist with an update of the results of your diabetes control and changes in medication.
- It is important to keep your mouth and body as healthy as possible with regular dental and medical care.
- If your doctor has told you that you have diabetes, you should make an appointment with a dentist.
- You should take extra care while performing your daily oral hygiene routine including a thorough interdental cleaning

The EFP thanks Sunstar for its support
and its unrestricted grant.

SUNSTAR



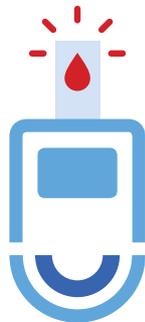
Take care of **your gums**,
control **diabetes**.



visit your doctor
regularly



visit your dentist
regularly



control your
diabetes



clean your teeth
twice a day



watch your
weight



eat healthy foods,
do not smoke

visit:

perioanddiabetes.efp.org