

DIABETES & PERIODONTAL HEALTH

INFORMATION ABOUT THE IMPORTANCE OF
MANAGING DIABETES AND THE IMPACT IT HAS ON
YOUR PERIODONTAL HEALTH

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What is diabetes and its symptoms?

Diabetes is a condition of disordered metabolism in which the amount of glucose in the blood is too high due to low levels of the hormone insulin or abnormal resistance to insulin.

Symptoms of diabetes include: tiredness, frequent urination, increased thirst and hunger, weight loss, blurred vision, slow healing of wounds and sores.

What is gum/periodontal disease?

More commonly referred to as “gum disease,” gum/periodontal disease is an inflammatory condition affecting the gum and bone surrounding the teeth and can lead to tooth loss if untreated. It is initiated by bacteria (also known as plaque/biofilm), but its severity and progression can be influenced by risk factors such as smoking and diabetes.

How are diabetes and gum/periodontal disease linked?

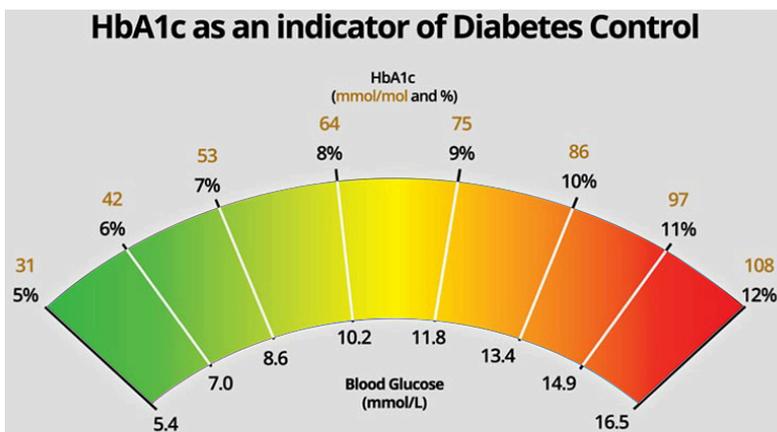
Gum/periodontal disease and diabetes are linked in both directions - a two-way street. Keeping blood glucose levels stable and within healthy limits can reduce the risk of periodontal disease, but also maintenance of healthy gums can help to improve long-term health outcomes in people living with diabetes. There is also evidence that people with periodontal disease are more likely to develop diabetes.

Is treatment of gum/periodontal disease successful in people with diabetes?

The treatment of periodontal diseases in patients with good diabetes management can be just as successful as someone without diabetes. Those with poorly managed diabetes experience delayed healing and less successful periodontal treatment outcomes. There is also evidence that treatment of periodontal disease can lead to an improvement in blood sugar control in those with poorly managed diabetes and therefore reduce the risks of other complications of diabetes.

Managing your diabetes

Long term management is generally measured by your HbA1c and will be monitored by your medical team. If you have diabetes, an ideal HbA1c level is 48mmol/mol (6.5%) or below. If you are at risk of developing type 2 diabetes, the target HbA1c level should be below 42mmol/mol (6%).



Date	HbA1c