

Diabetes and Periodontal Disease

"Diabetic patients are more likely to develop periodontal disease, which in turn can increase blood sugar and diabetic complications"
- American Academy of Periodontology⁽¹⁾

"The tools needed to keep your teeth and gums healthy are basic: a toothbrush, toothpaste, floss... and, if you have diabetes, a blood glucose monitor." ⁽²⁾

Body and mind? More like body and mouth.

86.8% of diabetic patients live with periodontal disease⁽³⁾



Simple Ways to Manage Oral Health

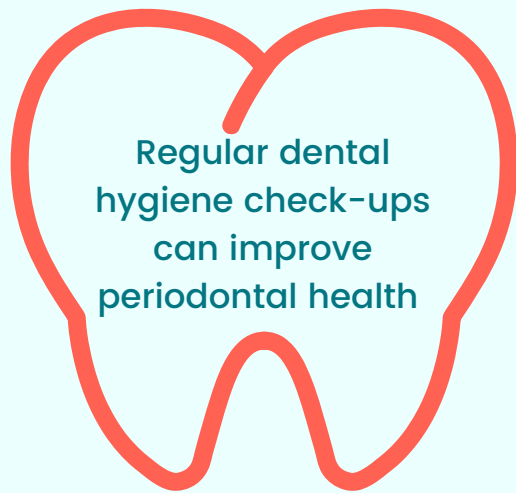


A well-balanced diet and exercise are an important part of a healthy body AND mouth



Smoking can increase the risk of developing periodontal disease by 10X in diabetic patients⁽⁴⁾

Take medications as prescribed & visit your primary care provider regularly to ensure HbA1c levels remain <7% for optimal periodontal and bodily health



Regular dental hygiene check-ups can improve periodontal health

Diabetes and Periodontal disease share a bidirectional relationship that can affect both oral and overall self care.

Gingivitis & Periodontitis are two of the most serious dental conditions for individuals living with diabetes. ⁽⁵⁾

Visit your dental hygienist to help mitigate the risks!

- References
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