

Treatment

- Closely monitor your blood glucose levels within an A1C test of less than 6.5%.
- Be proactive on regular 6 month dental check ups, and cleanings.
- Brush your teeth twice a day, and use interdental aids such as floss.
- Use anti-plaque rinses to prevent plaque build up.
- Drink fluoridated water to prevent tooth decay.

Conclusion

- There is a strong relationship between diabetes and periodontal disease.
- Oral hygiene services provided by dental hygienist results in reduction of periodontal disease symptoms.
- The Initial Screening Questionnaire helps to identify patients at moderate and high risk for diabetes and perform (or refer for) diabetes diagnostic A1C testing.

Role of Dental Hygienist



- To evaluate the patient during assessment.
- To educate the patient on what diabetes is and how it affects their periodontal health.
- To teach proper home care methods to patients who have diabetes and periodontitis.
- To schedule regular check ups more often.

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Diabetes and Periodontal Disease



Presented by:

Lidia Burliuik
Danielle Kim
Pamela Pepin-Rosado



What is Diabetes mellitus?

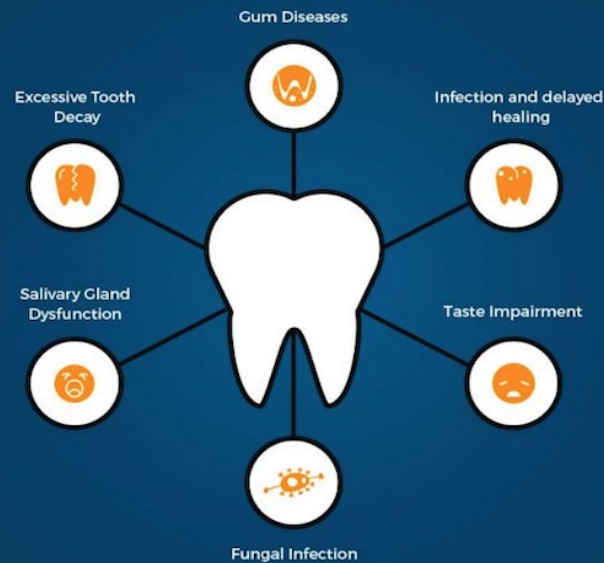
- Diabetes mellitus is a systemic disease characterized by increased blood glucose levels from defects of insulin production.

Objective

- Over 30 million Americans have diabetes in the U.S, 7.2 million of those people live undiagnosed.
- Diabetes mellitus is something that can be easily screened in a dental office.

THE EFFECT OF DIABETES ON TEETH AND SOFT TISSUES OF THE MOUTH

ORAL HEALTH PROBLEMS CAN BE MORE SERIOUS WHEN YOU HAVE DIABETES



People with Type 1/2 & pre-diabetes should carefully monitor oral health



Diabetics with poorly controlled blood sugar levels are **2 to 3 times** more likely to develop gum disease.



High glucose levels:

- Reduce blood supply to gums and increase risk of infection
- Decrease saliva production
- Gather sugar in gingival fluid, leading to cavities

Some studies suggest it's more of a cycle



Causes of Periodontal disease in patients with Diabetes

- Patients with diabetes have higher number of periodontal bacteria.
- Increased glucose levels in cervical fluid promotes growth of microbes.
- Poor vascularity
- Blood glucose levels above 6.5%



Symptoms of Periodontal disease in patients with Diabetes

- Oral bleeding when brushing or eating
- Persistent bad breath
- Cortical bone loss
- Receding gums
- Slower wound healing

| The Initial Screening Questionnaire * | Yes | No |
|--|-----|----|
| Do you have any biologic family member with a history of DM? | | |
| Do you have a history or take medication for high BP? | | |
| Do you have, or take medications for, high cholesterol or abnormal good/bad cholesterol ratio? | | |
| Do you experience unexplainable hunger, thirst OR frequent urination? | | |
| Do you experience tingling, pain or numbness in your hands or feet? | | |
| Have you had skin infections, foot ulcers, velvety skin or neck folds? | | |
| Do your gums bleed when you brush or floss? | | |

* if you answered yes two or more times you should talk to your primary physician.