

# CASE STUDY #2: Patient With Diabetes

By Rebecca Encarnacion



# Patient Profile

39 yr old hispanic female

CC: “dental cleaning”

Vitals: BP: 106/71 mm Hg P: 76 bpm

Med Hx: Glimepiride 2g tablet, 1x/day, Metformin 500mg tablet 2x/day, linagliptin 5 mg tablet, 1x/day. Atorvastatin 20 mg tablet 1x/day. HbA1c: 6.8. Pt. does not record daily sugar due to being needle phobic. Pt. ate 2 hours prior to appointment. Pt. has orange with her. ASA 2.

Social Hx: Pt. does not consume alcohol, take recreational drugs, or smoke.

Dental Hx: Dental visit and dental cleaning June 2021.

Dental homecare: Pt. uses a medium bristle toothbrush 2x/day in circular motions. Glide floss once a day. No mouthrinse or tongue cleaner used.

# Clinical Assessments

EO: No significant findings

IO: Geographic tongue

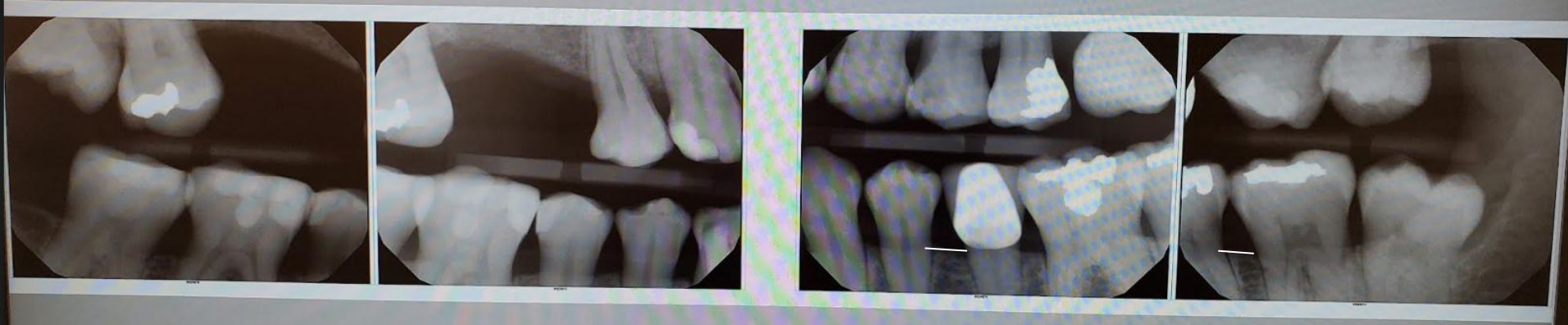
Dental charting:

- Class 1 bilaterally, edge to edge anteriorly
- Severe generalized attrition
- Fracture on #12L, #3, #4, #14 extracted because of caries
- Multiple composite and amalgam restorations on the posterior teeth. Crown on #28.

Gingival assessment: Pale pink, fits around teeth, generalize recession, margin is rounded, blunted papilla, class 2 embrasure space, texture is stippled, consistency is resilient, localized BOP.

Plaque score: 1-fair. Generalized interproximal biofilm and near gingival margins. Localized biofilm on facials on posterior teeth.

# Bitewing Radiographs



- 30% horizontal bone loss
- #15D caries

# Case value

Light case

High caries risk

Stage 2/ Grade C

# Treatment Plan

CAMBRA (recommended stannous fluoride toothpaste, ACT anticavity mouthrinse with no alcohol, waxed tape floss)

Demonstrate modified bass brushing technique

Scale whole mouth

Engine polish

NaF 1.1% gel for 4 min

Referral was given for possible caries on #15D, #12L fracture, tooth extraction of #16, #17 (determined by oral surgeon)

# Dental homecare recommendations

- Due to geographic tongue patient will feel uncomfortable using an alcohol based mouth rinse. A non alcohol based mouthrinse with fluoride was recommended.
- Brushing 2x/day using modified bass brushing technique. Change medium bristle toothbrush to soft bristle toothbrush to reduce abrasive forces to the gingiva.

# Diabetes

There are many things to keep in mind when treating a patient with diabetes. The patient can experience delayed healing, increased periodontal attachment loss, decreased saliva, increase caries risk. This is more severe in patients with uncontrolled diabetes. We need to educate the impact that diabetes has to the oral cavity and their health.

## **Medications**

The medications the patient is taking for diabetes can have side effects and adverse effects that can impact dental care. For example, the patient may experience hypoglycemia, low blood sugar. This can be managed by giving the patient some orange juice or glucose tablet.

Glimepiride adverse effects are hypoglycemia, headache, nausea. Side effects, fast heartbeat, shortness of breath, difficulty swallowing, tightness in chest, dizziness.

Linagliptin adverse effects are hypoglycemia and nausea.

Metformin side effects are headache, nausea, and vomiting.