



DIABETES AND GUM DISEASE

About Diabetes

Diabetes is a common and increasingly widespread disease that affects 20 million people in the US (about 9% of the adult population). Both Type 1 and Type 2 diabetes require careful management to reduce serious health consequences.

One Complication: Gum Disease

Complications from the disease are associated with long-term increased blood sugar levels. Gum disease is one such complication, with more than 200 research articles over the past 50 years discussing the problem.

Gum disease can cause bleeding sores, loose teeth and loss of teeth.

Higher Incidence with Diabetes

Both minor gum disease (known as gingivitis) and advanced gum disease (periodontitis) occur more frequently if you are diabetic. People with diabetes are 10 times more likely to develop gum disease (smoking is suspected to increase the disease rate by nearly the same amount). One study showed that teens with Type 1 diabetes were five times more likely to have gum disease.

Greater Risks with Poor Blood Sugar Control

The risk of gum disease is greater for diabetics whose blood sugar levels are not well-controlled. If you are in this situation, you should see the dentist more often to allow for early detection of any signs of gum disease. Studies show that if you have good oral health and your blood sugar is under control, you are no more at risk for gum disease than anyone else.

We'll be happy to answer any questions you have about the diagnosis, prevention or treatment of gum disease.