

WHY DOES DIABETES ENCOURAGE PERIODONTAL DISEASE?

What exactly is periodontal disease?

Periodontal disease affects the tissues that support and anchor the teeth (bone). Left untreated, it can lead to the destruction of the bone, therefore the loss of teeth.

Periodontitis is mainly caused by an accumulation of tartar and plaque below the gum line. Supporting gum tissue gradually detaches from the teeth; the space between teeth and gums widens, causing teeth to move and even fall out. As a result, teeth appear longer.

- Because diabetics tend to produce more plaque due to reduced saliva production, they are at greater risk for periodontal disease.
- Diabetics with poor blood-sugar control have more sugar in their saliva, which changes the composition of the plaque and encourages other organisms such as fungus to grow in the mouth.
- Diabetics tend to lose the collagen in their gums, which accelerates gum destruction. Collagen is a protein in the supporting tissue of the gums, skin, tendons and bones.
- Diabetes causes inflammation of the blood vessels and leads to decreased blood flow to the tiny blood vessels of the gums. This disrupts the nutrient flow to the gums and slows the healing of lesions.
- People with Type 2 diabetes are 2.8 times more likely to develop periodontal disease; the risk is 3.5 times for people with Type 1 diabetes.
- The progression or successful treatment of periodontal disease is the same for a person whose diabetes is properly controlled as for someone without diabetes.
- Conversely, a person whose diabetes is not properly controlled can expect a worse outcome than someone without diabetes.

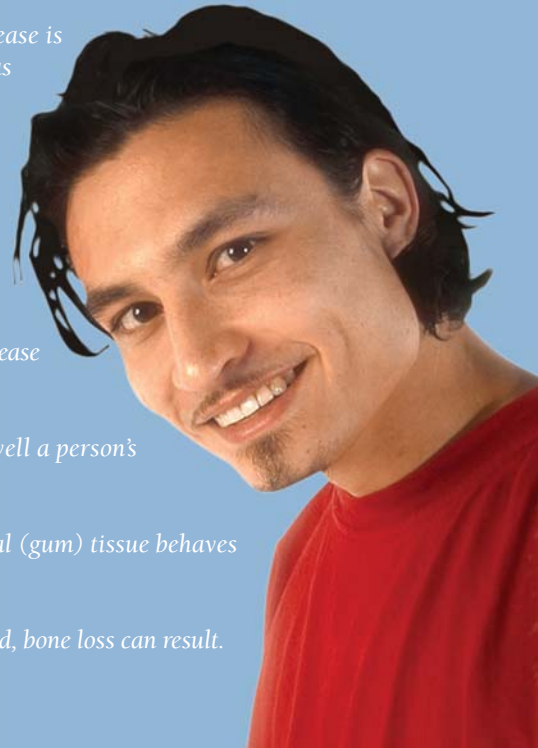
PREVENTING PERIODONTAL DISEASE

Obviously, one of the best ways to prevent or stop periodontal disease is to keep your diabetes under control.

The seriousness of periodontal disease is a function of how well a person's diabetes is being controlled.

In a person whose diabetes is properly controlled, the gingival (gum) tissue behaves almost normally.

On the other hand, when a person's diabetes is poorly controlled, bone loss can result.



PREVENTION AND ORAL HYGIENE

People with diabetes, like everyone else, need to thoroughly brush their teeth two to three times a day, floss daily and use a mouthwash with fluoride.

As well, everyone should visit a dental hygienist and dentist two to three times a year for a check-up, cleaning and scaling (removal of tartar).

OTHER REASONS TO TAKE CARE OF YOUR TEETH

Diabetes puts you at greater risk of periodontal disease, which, in turn, can make your diabetes more difficult to control.

Dental infections make hyperglycemia difficult to treat, can lead to cardiovascular disease and even acidosis.

All these conditions make controlling blood sugar (glycemia) very difficult.

People with diabetes need to maintain a well-balanced diet to control their blood sugar (glycemia). If their gums become sensitive or their teeth become loose and chewing difficult, they may not make the right food choices.

CONCLUSION


Remember: Diabetes can cause complications for your oral health, just as poor oral health can cause complications for your diabetes.

It is also very important to tell your dental hygienist and dentist about any change in your medical condition. These professionals can then give you the best possible advice.

www.ohdq.com



Diabetes and the importance of a healthy mouth

Diabetes  Québec

 Ordre des
hygiénistes dentaires
du Québec

People with diabetes run a greater risk of developing tooth decay (cavities) and periodontal disease.

While these problems are less dramatic than other more debilitating diabetes complications, they can be harmful to your health, well-being and self-esteem. In fact, a link has been established between periodontal disease, chronic infections of the gums and medical problems like heart disease, stroke and respiratory diseases.

Why are diabetics at greater risk?

CHILDREN

1. Children often have trouble controlling their blood sugar (glycemia). Hyperglycemia lowers saliva production, leading to dry mouth.
2. Recent studies have shown that diabetic teens have more gum inflammation and plaque on their teeth.

Two factors must be present for tooth decay to occur: dental plaque and carbohydrates.

DENTAL PLAQUE + CARBOHYDRATES = ACID

This acid softens (demineralizes) tooth enamel.

After a meal or snack, saliva helps eliminate the acids present in dental plaque, allowing teeth to reincorporate the minerals they need to harden (remineralization).

As long as the process of demineralization and remineralization stays in balance, no tooth decay occurs.

In diabetic children, the drying of the mucous membranes in the mouth can upset this balance.

To prevent cavities, you need to do two things:

1. Protect your teeth from acids
2. Reduce the number of cavity-causing bacteria

Here' how:

BRUSH YOUR TEETH



A thorough brushing twice a day with fluoride toothpaste helps eliminate dental plaque.

An electric toothbrush can often be a good way to motivate children to brush while improving their manual dexterity.

DENTAL FLOSS

Flossing at least once a day is essential for dislodging the dental plaque that builds up between the teeth.

Normally, children don't have the necessary dexterity to floss properly until they are in fifth grade. Therefore, an adult should help them floss every day.

EAT A PIECE OF CHEESE

Eating a small piece of hard cheese immediately after eating foods with carbohydrates helps prevent tooth decay.

Why?

- It increases the amount of saliva (a buffering agent) in the mouth
- It provides essential minerals (calcium and phosphorus) for the teeth
- It prevents the production of the strong acids formed by dental plaque bacteria

CHEW GUM WITH XYLITOL

Chewing xylitol gum 2 to 3 times a day for 5 to 20 minutes reduces the number of plaque-forming bacteria that cause tooth decay.

OTHER EXCELLENT PREVENTION TIPS

- APPLICATION OF a pit and fissure SEALANT.
- Use MOUTHWASH WITH FLUORIDE
- Use a STRAW to reduce the contact of acidic drinks with your teeth
- RINSE YOUR MOUTH WITH WATER immediately after drinking acidic drinks (fruit juices, carbonated drinks or soft drinks) to protect your tooth enamel.

