

Research shows that there is a bidirectional relationship between diabetes and oral diseases as diabetes affects immunity leading to a higher chance of developing diseases and infections. This indicates that if you have diabetes, you are at greater risk of developing oral health diseases such as dental caries, gum disease and oral infections. Treating gum diseases can improve your bloodsugar control. It is important to get professional teeth cleaning by dental practitioner and follow the given oral hygiene instructions.



The most common oral health problems with diabetes:

1-Gum disease:

Early gum disease (gingivitis):

If you don't brush and floss regularly it will lead to accumulation of food that turns to plaque and tartar (dental calculus) on your teeth. Plaque and tartar can irritate the part of your gums around the base of your teeth. This will make your gums swollen and they will bleed easily. This is known as gingivitis.

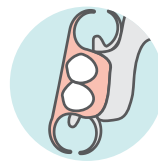
Advanced gum disease (periodontitis):

When the gum left untreated, gingivitis can lead to a more serious infection called periodontitis, which destroys the soft tissue and bone that support your teeth.

Signs are:



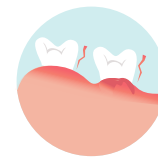
Halitosis (Bad Breath)



Change in the fit of complete or partial dentures



Loose Teeth



Redness or swollen gums



shrinking gums



Bleeding and inflamed gums

2-Oral thrush

Thrush is a fungal infection more commonly found amongst diabetic patients. It appears as white or red layer coating the tongue.

Symptoms:

- White lesions
- Redness
- Loss of taste
- Burning sensation
- Cracking in the corners of the mouth

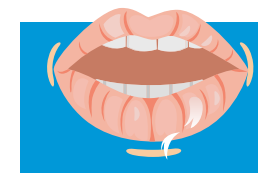


3-Tooth decay

When bacteria in the mouth interact with starches and sugars found in foods and beverages then bacteria produce acids that leads to the development of dental decay and cavities

4- Dry mouth

Dry mouth is caused by a lack of saliva. Diabetic patients are most susceptible. Dryness in the mouth can lead to tooth decay, gum disease and oral thrush.



5- Change in Taste

6- Delayed healing after tooth extraction.

Regular personal oral hygiene practices:

- Brush twice a day with a soft brush and fluoridate toothpaste.
- Change the toothbrush every 3 months.
- Floss your teeth at least once a day (flossing helps remove plaque between your teeth and under your gum line).
- Wash your mouth with mouthwash after brushing according to your dentist advice.
- If you wear any type of denture, clean it every day.
- Fight dry mouth by drinking water. If you experience persistent dry mouth contact your dentist.

General advice:

- See your dentist regularly for routine checkups, even if you don't have any pain or symptoms.
- Look for early signs of gum disease (e.g. bleeding gums).
- Follow your dentist's advice.

