

# SPOTLIGHT ON: ORAL HEALTH & DIABETES

THE MOUTH IS THE GATEWAY TO OUR BODY BUT DID YOU KNOW ORAL HEALTH CAN BE LINKED TO THE MANAGEMENT OF GLUCOSE LEVELS IN DIABETIC PATIENTS.

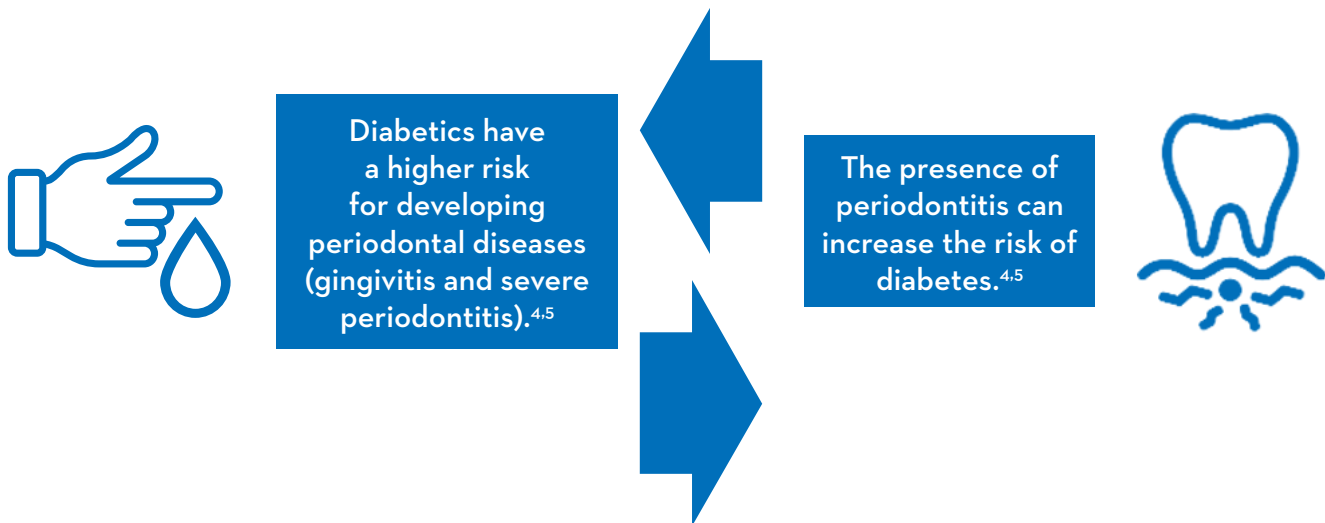


INDIVIDUALS LIVING WITH **TYPE 1** AND **TYPE 2 DIABETES** ARE USED TO MANAGING MULTIPLE HEALTH CONDITIONS. WITH A CONSTANT FOCUS ON BLOOD GLUCOSE LEVELS IT MAY NOT BE ALL THAT SURPRISING THAT GOOD ORAL HYGIENE SHOULD BE OF IMPORTANCE TO ALL DIABETICS.

IT MAY BE MORE SURPRISING HOWEVER TO LEARN THAT PATIENTS WITH DIABETES HAVE AN 86% INCREASED RISK OF THE PROGRESSION OF GUM DISEASE (OTHERWISE KNOWN AS PERIODONTAL DISEASE) COMPARED TO NON-DIABETICS.<sup>1</sup> THE RATE OF PERIODONTAL DESTRUCTION IN DIABETICS IS DIRECTLY CORRELATED TO LACK OF GLYCEMIC CONTROL AS MEASURED BY HEMOGLOBIN A1C LEVELS - CONSISTENTLY HAVING HEMOGLOBIN A1C OVER 7.0 RESULTS IN AN INCREASED RISK FOR PERIODONTAL DESTRUCTION.<sup>2</sup>

**Undisturbed plaque can lead to Gingivitis (inflammation) which if left untreated can lead to the development of Periodontitis.**

**Experts have discovered an interesting two-way relationship between diabetes and periodontitis.<sup>4,5</sup>**



A number of factors are associated with **increasing insulin resistance** in diabetic patients:

- Acute bacterial / viral infections
- Chronic low-grade inflammation
- Periodontal bacteria<sup>5,6,7</sup>

**Insulin resistance results in:**

- Increased insulin production
  - Increased hunger
- Higher blood pressure and weight gain
- Overall increase in diabetes risk<sup>8</sup>

## WHAT ARE THE MAIN WARNING SIGNS DIABETIC PATIENTS SHOULD LOOK OUT FOR?



### **Gingivitis**

- Red, swollen or tender gums
- Bleeding gums
- Persistent bad breath

### **Periodontitis**

- Receding gums
- Loose teeth
- Sensitive teeth
- Pain when chewing
- Prolonged healing of wounds from dental treatments<sup>8</sup>

DUE TO THE RISK OF PROGRESSIVE PERIODONTAL DISEASE MAINTAINING GOOD ORAL HYGIENE IS IMPORTANT IN PATIENTS WITH DIABETES.

Speak to your dental professional about the best way to keep your mouth healthy.



**ARE LEADING THE WAY IN INNOVATION, TECHNOLOGY AND RESEARCH TO FIGHT FACTORS CONTRIBUTING TO BAD ORAL HEALTH AND SUPPORT YOUR ORAL HEALTH.**

### **Oral-B® Electric Toothbrush with a Round-Head**

Oral-B® is the category leader in oscillating-rotating electric toothbrushes. The **Oral-B® iO's revolutionary technology removes 100% more plaque** than a manual brush to give you that professional clean feeling every single day.

### **Crest® Stannous Fluoride Toothpaste**

Stannous Fluoride (SnF<sub>2</sub>) can decrease the toxicity/harmful effects of bad plaque bacteria. Crest® SnF<sub>2</sub> dentifrice has shown to **reduce gingival bleeding sites by 51%** versus sodium fluoride control dentifrices.

### **Crest® Mouth Rinse**

Mouth rinses containing bioavailable Cetylpyridinium Chloride (CPC) formulated at 0.07% **helps to reduce plaque and kill germs that cause gingivitis and bad breath.**

### **Oral-B® Interdental Cleaning**

Plaque easily accumulates and hides between teeth where toothbrushing can't reach. **Flossing once each day with Oral-B® Glide floss removes plaque from between teeth and can prevent the bleeding and inflammation associated with gingivitis.**

### **Regular Oral-Health Check-Ups**

**Partner with your dental professional regularly** to prevent and detect signs of disease at its earliest stages.

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#### References

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