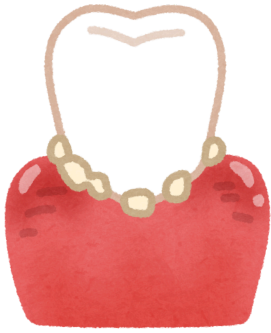


# PERIODONTITIS & DIABETES

## Advice for Diabetics

### Periodontitis (Gum Disease)



Periodontitis is a **very common** disease that can lead to bone loss around your teeth. This can result in looseness and eventual tooth loss. It is caused by the inflammation of your gums brought about by plaque bacteria. It often presents without symptoms until it is at an advanced stage.



### Link to Diabetes

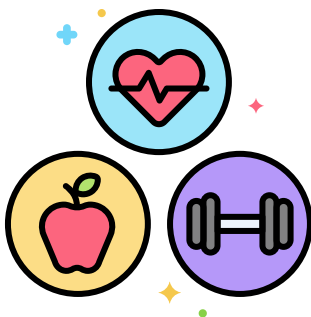
Unfortunately diabetes is a major risk factor for gum disease, especially if your diabetes is not well controlled. The impact of severe gum disease can be **devastating for your quality of life and self-esteem.**



### 2-Way Link

Worryingly your diabetes is also made worse by having unstable gum disease. Your diabetes readings might be higher than they should, possibly causing **more severe long-term side-effects** from the diabetes.

### Shared Risk Factors



Both diseases share similar risk factors, including poor diet, lack of exercise, smoking, stress & obesity. It is very important that you aim to lead a healthy lifestyle to improve your diabetes and help prevent gum disease.

### Visit your Dentist



If you suffer with diabetes, it is essential that you attend your dentist and dental hygienist for regular check-ups. Please feel free to ask about gum disease to find out more on prevention and treatment. Good toothbrushing and flossing is key.

If they see signs of bone loss, it might be necessary to be referred to a periodontist for specialist treatment.

Symptoms include:

- Bleeding on brushing
- Loose teeth
- Drifting teeth
- Difficulty eating
- Recurrent gum swellings
- General gum soreness



### The Good News!

**If you improve your oral hygiene, reduce your risk factors and undergo good professional treatment, not only will your periodontitis risk improve, but so will your diabetes risk!**

If you do not currently have a dentist, please register on the Dental Access Portal:

PRODUCED BY  
CARDIFF WEST CLUSTER &  
C&V JOINT DENTAL COLLABORATIVES



Dental Access Portal - Digital Health  
and Care Wales

dhcw.nhs.wales