

PERIODONTITIS & DIABETES

ADVICE FOR GUM DISEASE PATIENTS

People with periodontitis (gum disease) are more likely to develop type 2 diabetes, and vice versa.

If you have received a diagnosis of periodontitis, there is a possibility you might be living with undiagnosed diabetes.

The diseases are directly linked – if one is poorly controlled then it affects the other.

DIABETES FACTS

The most common form of diabetes is Type 2, which means a resistance to insulin associated with long-term high blood sugar i.e. poor diet.

It affects about 4 million people in the UK, with an additional 1.3 million people undiagnosed. It is associated with **severe medical complications**, especially if the risk factors such a diet, lack of exercise and obesity are poorly controlled.



LINK TO PERIODONTITIS



Periodontitis is a chronic inflammatory disease that results in bone loss around your teeth. If left untreated, it can lead to gum swelling, loose teeth and eventual tooth loss.



Your periodontitis might be as a result of underlying undiagnosed diabetes, especially if you are older, overweight, or have a high sugar diet.



In addition to improving your oral hygiene and undergoing dental treatment for your periodontitis, it might be necessary to **ask your GP surgery for a diabetes test**.



HOW TO MANAGE BOTH DISEASES

Early diagnosis of both diseases is very important. If you do have undiagnosed diabetes then your periodontal treatment will not be as successful.

If you get a diagnosis of diabetes, then your GP surgery can advise you on how to manage it better. This will in turn improve your gum disease.

If you engage with your gum disease treatment and allow your gum inflammation to heal, this can significantly improve your diabetes risk levels. The magnitude of this can be the equivalent of an extra medication!



SUPPORT AND RESOURCES

Diabetes UK provide lots of support for diabetics and on their website they can advise you of your risk of undiagnosed diabetes.

If you score “high risk” then you should visit your GP and ask for a test.

The European Federation of Periodontology has also launched a campaign to raise awareness of the link between periodontitis and diabetes.

diabetes.org.uk

efp.org



TAKE CARE OF YOUR GUMS, CONTROL DIABETES

- Visit your GP regularly
- Visit your dentist regularly
- Clean your teeth twice a day
- Use recommended interdental aids
- Watch you weight
- Eat healthy foods
- Avoid smoking



Dental Access Portal - Digital Health and Care Wales

dhcw.nhs.wales