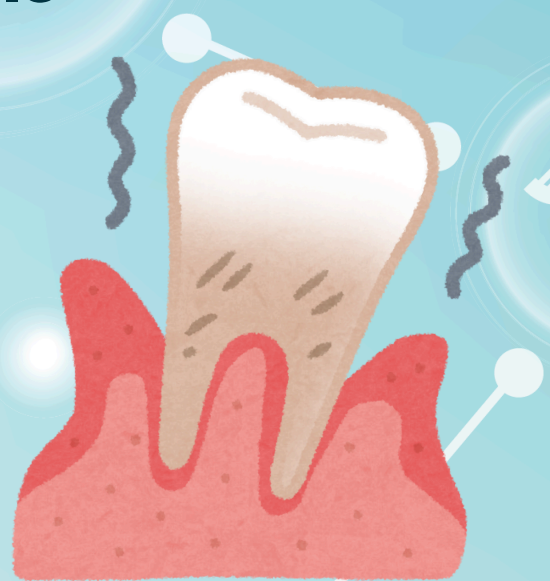


PERIODONTITIS & DIABETES

Advice for Medical Professionals

PERIODONTITIS

Periodontitis is a chronic inflammatory disease affecting almost half the UK population. If left untreated it can cause tooth loss and severely affect quality of life. It is easily diagnosed by a dentist but requires full patient engagement in addition to professional cleaning to treat. Diabetes is a major risk factor for periodontitis.



DIABETES & PERIO

There is a 2-way bidirectional relationship between perio & diabetes. If people have both diseases, and both are poorly controlled, there is a greater likelihood they would suffer the more severe effects of each disease.

EFFECTS OF TREATMENT

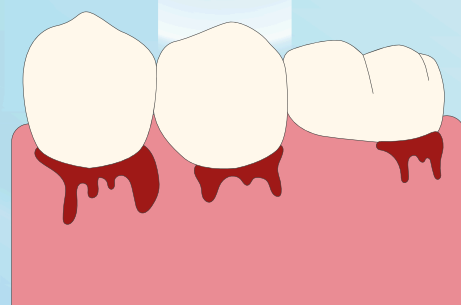
Periodontal treatment for diabetics can significantly reduce HbA1c levels within the first 3 months. The magnitude is similar to that achieved by adding a second medication to a metformin pharmacological regime.



ROLE OF THE GP

It is important to advise your diabetic patient about this link. Perhaps some questions could be added to the diabetic consultation & review visit, and signpost them to the Dental Access Portal if they do not have access to an NHS dentist.

- ✓ Have you ever been diagnosed with gum disease?
- ✓ Do your gums bleed especially on brushing?
- ✓ Do you suffer with any gum swellings?
- ✓ Have you noticed any loose teeth?



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**Dental Access Portal - Digital Health
and Care Wales**

dhw.nhs.wales