

We give you
more reasons to
smile

The Diabetic Connection



Periodontal (gum) disease affects blood sugar...

Those with diabetes tend to have more periodontal (gum) disease¹. Why? As a general rule, diabetes can slow the healing process and lower one's resistance to infections. And research shows they suffer greater tooth loss than patients without diabetes. One study² found that when diabetic patients' periodontal infections were treated, they experienced a marked improvement in their ability to manage their blood sugar. Bottom line: good dental health is linked to the reduced risk of diabetes and diabetic complications!

Did you know?

- Gum disease makes it more difficult for diabetics to control their blood sugar
- Moderate or severe gum disease can increase the time a diabetic's blood sugar remains high
- Controlling a diabetic's gum disease may help in controlling his/her diabetes

...And high blood sugar affects oral health.

Diabetes affects millions of people each year. Not only can gum disease affect your diabetes; but because diabetes reduces the body's resistance to infection, it can affect your oral health³. The most common oral health problems associated with diabetes are³:

- Gum disease
- Tooth decay
- Salivary gland dysfunction
- Fungal infections
- Inflammatory skin disease (lichen planus & lichenoid reactions)
- Infection and delayed healing
- Taste impairment

Therefore, controlling your gum disease may help you control your diabetes.

Let your dentist know if you have been diagnosed with diabetes and if the disease is under control. Whether or not you struggle to manage your blood sugar, see your dentist for a periodontal evaluation – because healthier gums may lead to a healthier you!

For more information, visit us on the web at www.cigna.com



¹www.ada.org,

²Journal of the American Dental Association, October, 2003,

³Journal of the American Dental Association, September, 2002