

DIABETES RELATION WITH ORAL HEALTH

Patients with long-standing, poorly controlled diabetes are at risk of developing oral candidiasis, and the evidence indicates that periodontitis is a risk factor for poor glycemic control and the development of other clinical complications of diabetes.

<https://pubmed.ncbi.nlm.nih.gov/18809650/#:~:text=Patients%20with%20long%2Dstanding%2C%20poorly,other%20clinical%20complications%20of%20diabetes.>

We found that eight out of ten participants in urban Delhi suffered from some form of oral disease and participants with diabetes had worse oral health. This highlights the need for public health strategies to integrate oral health within the existing Non-Communicable Disease control programs.

<https://bmcoralhealth.biomedcentral.com/articles/10.1186/s12903-019-0884-4>

Diabetes mellitus affects people of all ages, and its prevalence has been increasing. Providing safe and effective oral medical care for patients with diabetes requires an understanding of the disease and familiarity with its oral manifestations. The goal of therapy is to promote oral health in patients with diabetes, to help prevent and diagnose diabetes in dental patients receiving routine stomatological care and to enhance the quality of life for patients with this incurable disease.

[https://jada.ada.org/article/S0002-8177\(14\)65193-X/fulltext](https://jada.ada.org/article/S0002-8177(14)65193-X/fulltext)

Periodontal disease and diabetes seem to be interrelated and in a bidirectional relationship and have been increasingly studied in recent decades. For example, diabetes mellitus has a detrimental effect on periodontal disease, increasing its prevalence, extent, and severity.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9954907/#:~:text=Periodontal%20disease%20and%20diabetes%20seem,prevalence%2C%20extent%2C%20and%20severity.>

The link between diabetes and oral health problems is high blood sugar. If blood sugar isn't well managed, oral health problems are more likely to develop. This is because unmanaged diabetes weakens white blood cells, which are the body's main defence against bacterial infections that can occur in the mouth.

Just as studies have shown that regulating blood sugar levels lowers the risk of major organ complications of diabetes — such as eye, heart, and nerve damage — so to can diabetes protect against the development of oral health problems.

<https://my.clevelandclinic.org/health/diseases/11263-oral-health-problems-and-diabetes>

Diabetic patients to get Oral screening/dental check-up at least once a year, apart from regular brushing and flossing and for type 2 diabetes at least once in 3 years if they are below 40 years.

<https://www.ncbi.nlm.nih.gov/books/NBK554615/>

