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SPOTLIGHT ON: ORAL HEALTH & DIABETES

The mouth is the gateway to our body but **did you know oral health can act as a window to the management of glucose levels in diabetic patients?**

Individuals living with **diabetes** are often well used to managing multiple health conditions. With a constant focus on blood glucose levels it may not be all that surprising that good oral hygiene should be of key importance to all diabetics.

It may be more surprising however to learn that patients with type 2 diabetes have an **86% increased risk of the progression of gum disease** (otherwise known as periodontal disease) compared to non-diabetics.¹ The rate of periodontal destruction in diabetics is directly linked to blood glucose levels - consistently having blood glucose levels over 7.0 results in an increased risk for gum disease and progression.²

Experts have discovered an interesting two-way relationship between diabetes and periodontitis.^{3,4}



Diabetics have a higher risk for developing periodontal diseases (gingivitis and severe periodontitis).^{3,4}



The presence of periodontitis can increase the risk of diabetes.^{3,4}

A number of factors are associated with **increasing insulin resistance** in diabetic patients:

- Acute bacterial / viral infections⁵
- Chronic low-grade inflammation⁶
- Periodontal bacteria⁷

Insulin resistance results in:

- Increased insulin production
- Increased hunger
- Higher blood pressure and weight gain
- Overall increase in diabetes risk⁸



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WHAT ARE THE MAIN WARNING SIGNS DIABETIC PATIENTS SHOULD LOOK OUT FOR?



- Red, swollen or tender gums
- Bleeding gums
- Receding gums
- Tooth decay
- Loose teeth
- Dry mouth
- Persistent bad breath
- Prolonged healing of wounds from dental treatments?

DUE TO THE RISK OF PROGRESSIVE PERIODONTAL DISEASE MAINTAINING GOOD ORAL HYGIENE IS EVEN MORE IMPORTANT IN PATIENTS WITH DIABETES.

- Use an electric toothbrush for maximum plaque removal
- Use a stannous fluoride toothpaste for plaque control
- Speak to your dental professional about treatments that can reduce your risk
- Clean in between teeth daily with interdental brushes or floss

Oral-B is leading the way in innovation, technology and research to help protect your oral health and educate you about the connections between oral health and overall health.

Electric Toothbrush with a Round-Head

Electric toothbrushes are proven to remove more plaque than a manual toothbrush. They give you a professional clean feeling every day. Oscillating rotating toothbrushes with a small round head produce the best results. The Oral B iO's revolutionary technology removes 100% more plaque than a manual brush to give you that professional clean feeling every single day.

Stannous Fluoride Toothpaste

Oral-B Stannous Fluoride (SnF₂) toothpaste helps to protect your gums against bacterial plaque.

Mouth Rinse

Mouth rinses containing Cetylpyridinium Chloride (CPC) formulated at 0.07% help to reduce plaque.

Interdental Cleaning

Plaque easily accumulates and hides between teeth where toothbrushing can't reach. Regular cleaning between teeth with interdental brushes or floss helps to remove plaque and helps to protect gums.

Regular Oral-Health Check-Ups

Visit your dental professional regularly to prevent and detect signs of gum infection at its earliest stages.

Follow a holistic Oral-B regimen for a happy healthy mouth and body!

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