



Take action to reduce the risk of developing periodontitis!

It is possible to keep your mouth and teeth in good health and reduce the risk of developing periodontitis by keeping your blood sugar levels within target values and by adopting optimal oral hygiene practices:

- Brush your teeth at least twice a day using a small head with soft bristles. Replace your toothbrush: every three months, when the bristles are bent, or after a high fever or contagious disease.
- Floss your teeth at least once a day to reach and clean dental surfaces not accessible by brush, where decay and periodontitis can occur.
- See your dental hygienist at least twice a year to remove any accumulated dental plaque and tartar.

Make an appointment with your dental hygienist!

Regular appointments with a dental hygienist are not only essential for better oral hygiene, but they also help detect gingivitis, periodontitis, cavities and other problems with your mouth and teeth. Early detection of periodontitis leads to quicker action and the prevention of tooth loss.

It is important to tell your dental hygienist about any changes in your health.

Resources

Ordre des hygiénistes dentaires du Québec
ohdq.com

Ordre des dentistes du Québec
odq.qc.ca

Thanks to the Ordre des hygiénistes dentaires du Québec for its valuable collaboration.



Questions about diabetes?
InfoDiabetes Service
514-259-3422
1-800-361-3504
infodiabete@diabete.qc.ca

Diabetes School
Universi D
universi-d.com

Diabetes  Québec
diabete.qc.ca

Diabetes  Québec

Oral health and diabetes

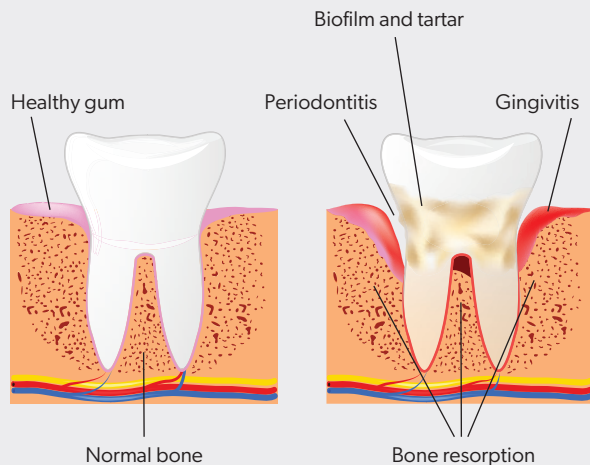
Understanding periodontal disease



What is periodontitis?

Periodontitis destroys the gums and the bone around the teeth. It is primarily caused by an accumulation of biofilm, commonly known as dental plaque.

Accumulated biofilm ➤ redness, inflammation and bleeding of the gums ➤ gingivitis ➤ chronic infection + tartar ➤ periodontitis



Why take action?

Periodontitis can develop without presenting any symptoms. It can lead to tooth loss, particularly if blood sugar levels are often high.

The risk of developing periodontitis is twice as high in people with diabetes.

Diabetes and periodontitis are two diseases that have an effect on each other: diabetes can worsen periodontitis, which, in turn, can interfere with diabetes management.

Diabetes can also have other effects on oral health and encourage the development of periodontitis as a result:

Potential effects of diabetes

Reduces saliva

Increases the amount of sugar in the saliva, particularly when blood sugar levels are high

Loss of collagen in the gums

Poor blood circulation in the gums

Consequences for the health of your mouth and teeth

Restricts the mouth's ability to self-clean, which increases the growth of dental plaque

Encourages the growth of bacteria in the mouth

Can speed up the destruction of the tissue supporting the teeth

Decreases nutrient uptake and impairs healing

Other effects are also possible:

- Burning mouth syndrome (a painful oral condition)
- Altered taste
- Yeast infections, such as oral thrush
- A significant increase in cavities
- Ulcers

What increases the risk of developing periodontitis in people living with diabetes?

- Often high blood sugar
- A sweet diet
- Inadequate oral hygiene
- Smoking
- Heredity

Is periodontitis treatable?

The goal of treatment is first to stop the progression of bone loss. In the majority of cases, professional cleaning to remove tartar and biofilm, combined with proper daily dental hygiene, will be enough. Other treatments may be required, and, since every case is different, the best way to fully understand the pros and cons is to discuss them with your dental hygienist or dentist.

