



*team
diabetes
101*

DIABETES & DENTISTRY

Team 101 presents:

**DIABETES
&
ADULT ORAL HEALTH**

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Diabetes Student

Signs of diabetes in the mouth

- Dry mouth
- Oral candidiasis
- Impaired wound healing
- Increase in dental caries
- Increase in periodontal disease
- Increase in saliva glucose level
- Gingival hyperplasia



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TWITTER QUIZ:

Do you think that dental check-ups play important role if you have diabetes?

- a. YES (correct)
- b. NO



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Why Diabetes & Dentistry is a two-way street?

- Diabetes is associated with higher risk of gum disease (periodontitis). With regular Dental visits person with Diabetes could decrease this risk
- When you care about your oral health it's more likely that you would achieve better glycaemic control
- Periodontitis in IDDM starts to appear after the age of 12 years (Deshmukh et. al 2011)

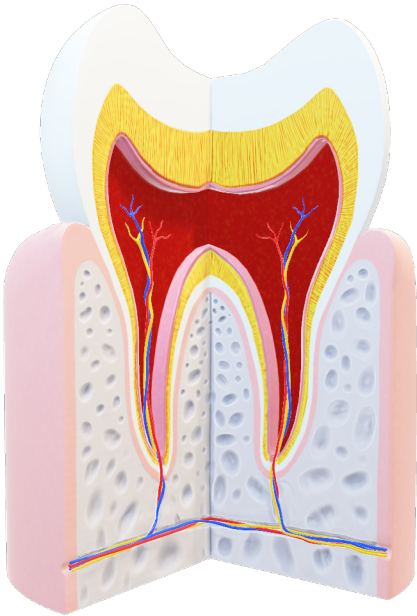
DIABETES & DENTISTRY

TWITTER QUIZ:

Do you know what is periodontitis?

- a. YES
- b. NO

What is periodontitis?



- It is a gum disease
- Chronic inflammatory disease that is triggered by bacterial microorganisms and involves chronic inflammation
- Inflammation causes the destruction of the tooth-supporting apparatus and could lead to tooth loss
- In periodontitis there is loss of the jawbone, periodontal ligament and root cementum

(Source: European Federation of Periodontology)

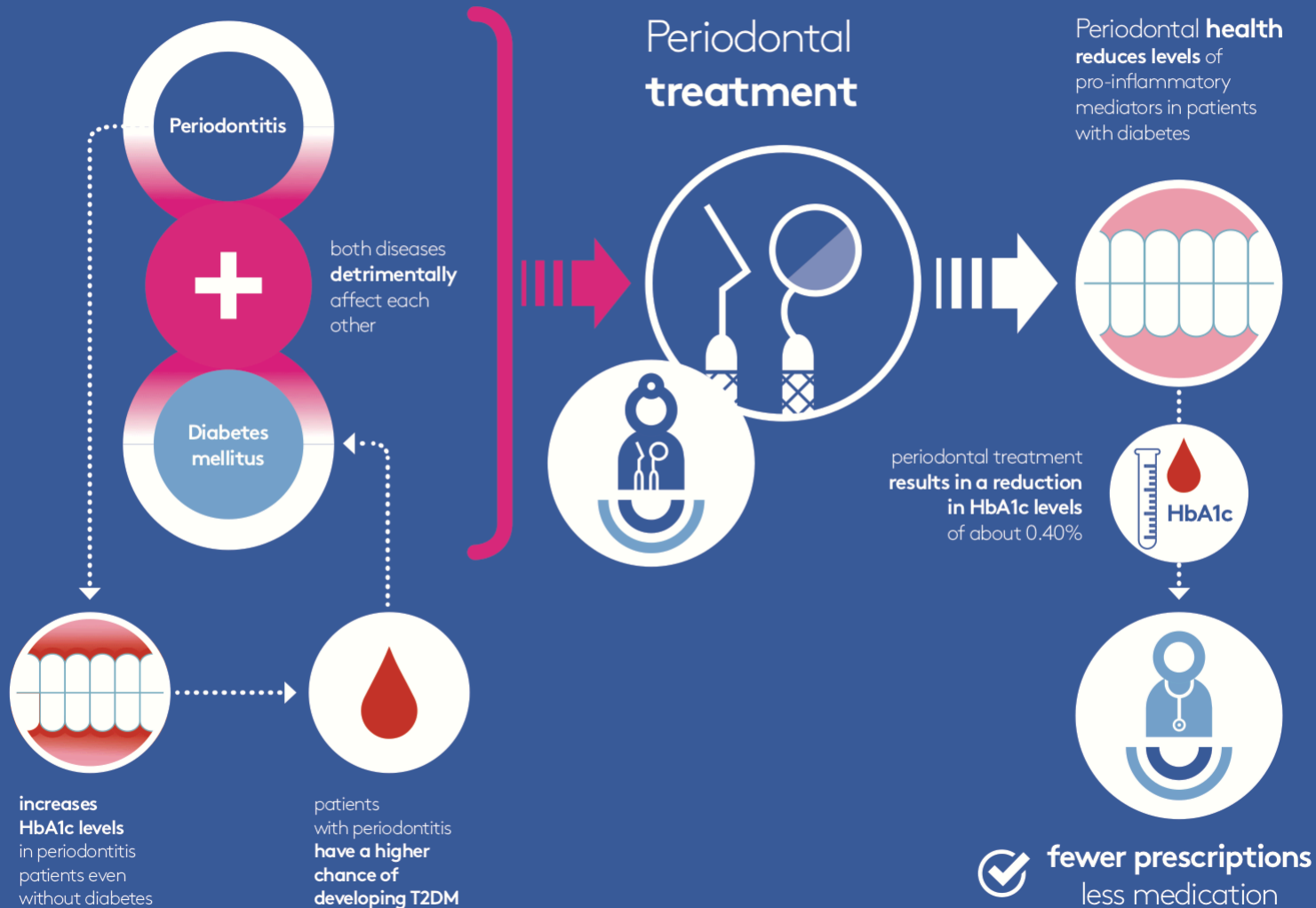
IT IS IMPORTANT TO RECOGNIZE SYMPTOMS AND ACT EARLY

TWITTER QUIZ:

Do you think that Oral Health might affect HbA1c?

- a. YES. (correct)
- b. NO

Influence of **blood-sugar**



Symptoms of periodontitis



Your gums **bleed** when you brush your teeth



Gums might look red and swollen



Bad breath



Pain



Teeth appear “longer” – receding gums

(Source: European Federation of Periodontology)

TWITTER QUIZ:

Do you floss your teeth?

- a. YES
- b. NO

It is essential to floss your teeth.



Please watch this great animation prepared by European Federation of Periodontology...and practice yourself 😊
Your dentist & dental hygienist would be happy to explain how to do it properly.

TWITTER QUIZ:

Do you think that timing of dental visit is important when arranging dental visit?

- a. YES (correct – mornings are the best because there is an increase of cortisol level and less likelihood of hypo)
- b. NO



DIABETES & DENTISTRY



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DURING DENTAL APPOINTMENT

- ✓ Remember that you are a part of a team
- ✓ Aim to arrange your visit in the morning
- ✓ Make sure to inform your dentist that you have diabetes (what Type, know your latest HbA1c)
- ✓ Before treatment check your BG, level and inform your dental team about your hypoglycemia signs
- ✓ Be prepared for hypo and always carry glucagon with you

TWITTER QUIZ:

How often do you brush your teeth per day?

- a. 1
- b. 2 (if most people choose this that would be great - at least 2 times per day is recommended)
- c. 3
- d. >3

Dental appointment

✓ Dentist is going to check your oral health status and help with detection of caries, periodontal disease, assess salivary gland function

✓ It is essential to maintain good oral health hygiene. Therefore remember rule

2 x 2

2 times a day
2 minutes

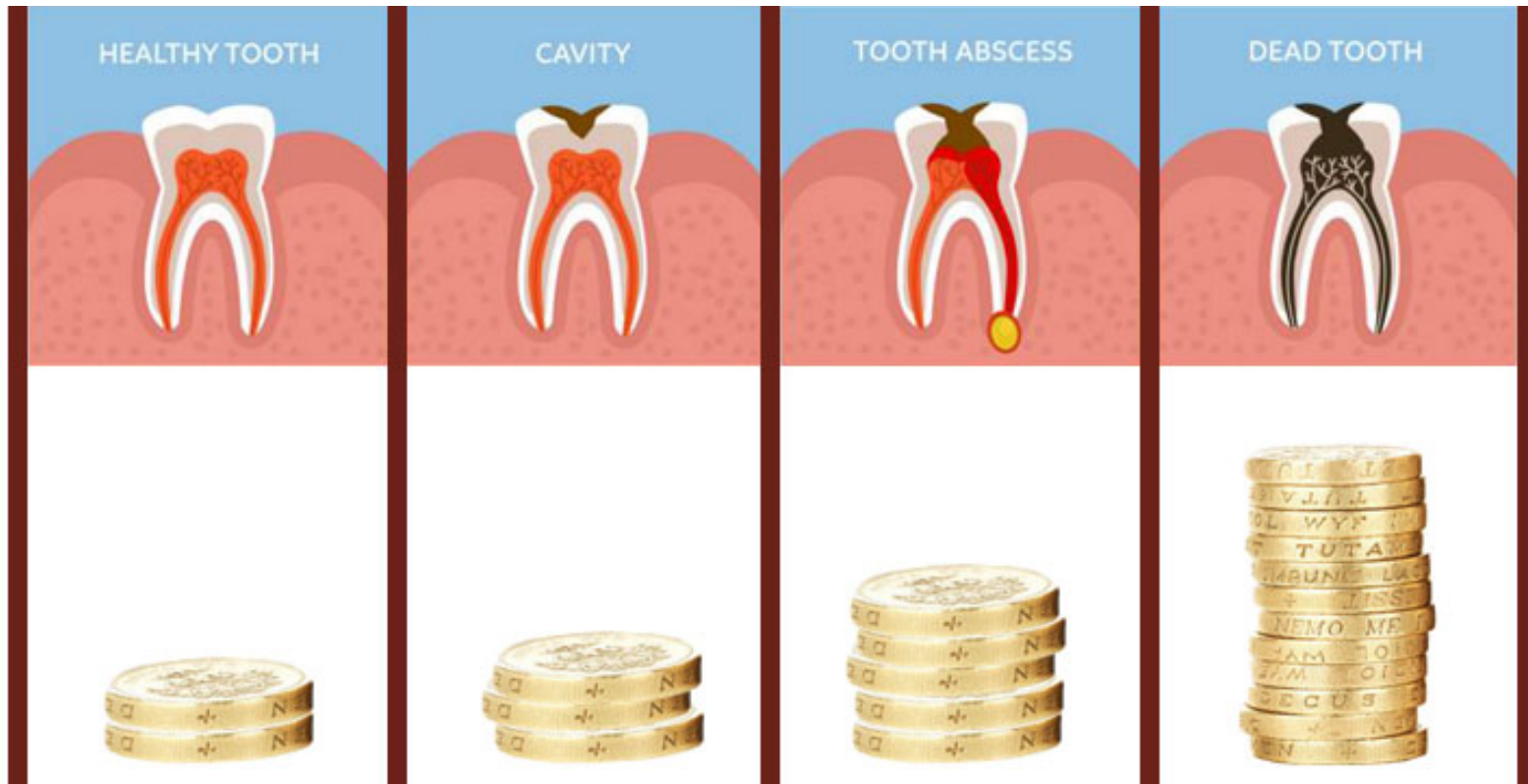
✓ Please aim to brush your teeth after hypoglycaemia During the night. If you can't rinse your mouth with water.



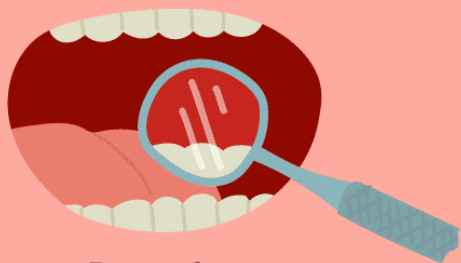
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- Do you use mouthwash?
 - a. YES
 - b. NO

✓ Please make sure to arrange a recall each 6 months



Types of Dental Prophylaxis



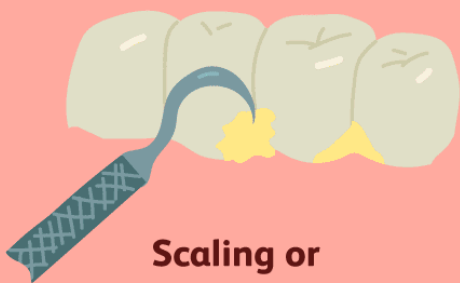
Dental exams



X-rays



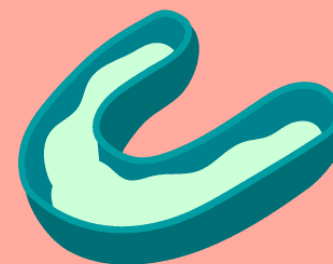
Cleaning



Scaling or
roots planing



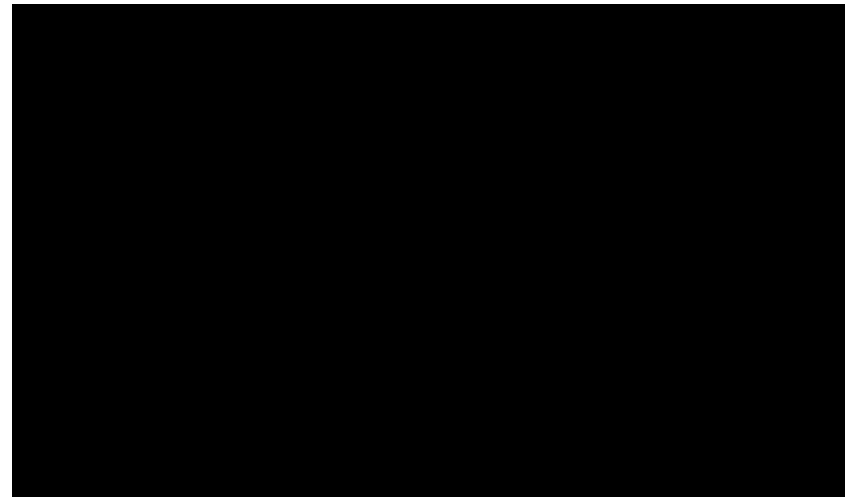
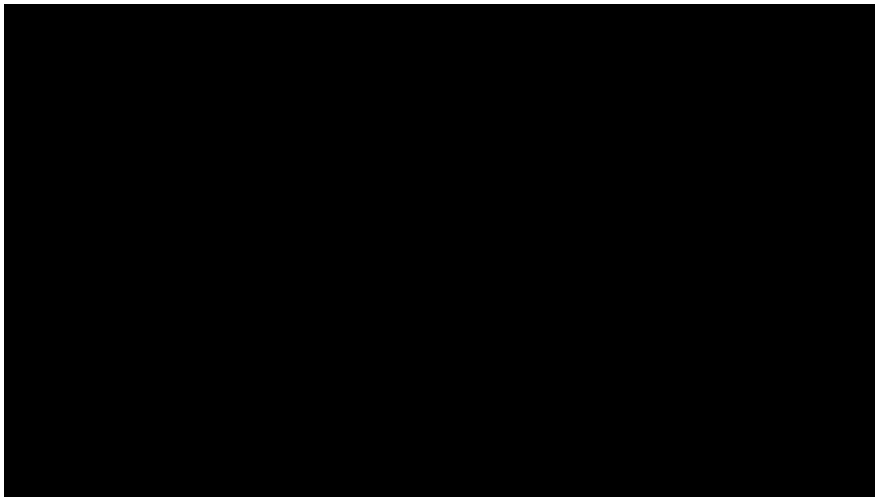
Flossing and
polishing



Fluoride treatments
or sealants

When brushing...

- Ask your Dentist which technique you should use it – there are few! Here you can watch excellent animations from EFP. Practice makes perfect 😊



Accessories to improve dental hygiene

- Dental Floss
- Interdental brushes
- Portable Dental Water Flosser (you can wear it everywhere!)



Oral Health and Diabetes Mellitus



- We are currently researching a potential link between oral health and diabetic foot ulcer infections
- As part of this research we are interested to understand the oral health awareness amongst persons living with diabetes
- We have designed a survey to look at the awareness of oral health amongst persons living with diabetes mellitus
- The purpose is to understand from a patient perspective where the educational needs are in the hope this data can help be used to build better oral health education and services for Persons with Diabetes
- <https://www.surveymonkey.co.uk/r/W3L9CZH>

Follow us to find out more
[@Dentabetes](https://twitter.com/Dentabetes)



TWEET WITH LINK TO THE SURVEY

<https://www.surveymonkey.co.uk/r/W3L9CZH>

Please tag @Dentabetes

Animation Summary



Any questions?

You can always contact the team for basic advice on

@_diabetes101

Please also speak to your Dentist and Dental Hygienist for help if you need it 😊

For the latest updates in Periodontology please follow European Federation of Periodontology (**@PerioEurope**)
Especially **Perio & Diabetes** Campaign

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