



CLINICAL DIABETES MANAGEMENT Periodontal Disease and Diabetes - Summary

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

In 2005, 1.5 million people were newly diagnosed with diabetes in the United States, and the numbers continue to increase each year. Few realize that diabetes increases their risk for periodontal or gum disease. Periodontal disease can lead to tooth loss, mouth infections, and a decrease in blood glucose control. There is increasing evidence for a link between periodontal disease and cardiovascular disease, which includes heart attack and stroke. You don't need to be a dental specialist to recognize the signs and symptoms of a serious oral health problem. Symptoms, such as bad breath, bad taste, and loose teeth may indicate periodontal disease. Dental hygiene is an important part of diabetes care. As a health care professional, you can help prevent diabetes complications by referring people with diabetes for routine dental care twice a year. The National Diabetes Education Program, or NDEP, has information and free educational materials for health care professionals and for people with diabetes. Visit www.YourDiabetesInfo.org or call toll free, 1-888-693-NDEP.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.