

## Diabetes and your oral health

Diabetes affects about 15.7 million Americans and nearly 800,000 new cases are diagnosed each year. If you have been diagnosed with diabetes, you may know that the disease can cause problems with your eyes, nerves, kidneys, heart and other parts of your body. Diabetes can lower your resistance to infection and can slow the healing process.

What oral health problems can be associated with diabetes?

The most common oral health problems associated with diabetes are:

1. tooth decay.
2. periodontal (gum) disease.
3. salivary gland dysfunction.
4. fungal infections.
5. lichen planus and lichenoid reactions (inflammatory skin disease).
6. infection and delayed healing.
7. taste impairment.

### Connection between diabetes and periodontal (gum) disease

Because diabetes reduces the body's resistance to infection, the gums are among the tissues likely to be affected. Periodontal diseases are infections of the gum and bone that hold your teeth in place.

Periodontal disease is often linked to the control of diabetes. For example, patients with inadequate blood sugar control appear to develop periodontal disease more often and more severely, and they lose more teeth than persons who have good control of their diabetes. It is possible to have periodontal disease and not have all of the warning signs. If you notice any of the warning signs of gum disease, see your dentist immediately.

Because of lowered resistance and a longer healing process, periodontal diseases often appear to be more frequent and more severe among persons with diabetes. That's why good maintenance of blood sugar levels, a well-balanced diet that meets your needs, good oral care at home, regular dental checkups and periodontal examinations are important.

Links Help:

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[Mexican Dentist and dental tours](#)