Stages of Periodontal Disease

**HEALTH**
- Gums are pink & firm
- No gum bleeding
- Teeth don’t move

**GINGIVITIS**
- Gums are red, swollen, bleed, and tender
- Bad breath develops

**PERIODONTAL DISEASE**
- Damage has happened
- Gums and bone are lost
- Teeth may begin to move
- Deep cleaning may be needed

**ADVANCED DISEASE**
- More damage occurs
- Teeth become loose
- Teeth may need to be taken out

What does diabetes do to the mouth?
- Increases gum diseases
- Increases cavities
- Makes sugar (blood-glucose) levels worse
- Slows healing more
- Dries your mouth
- Gives burning mouth and tongue
- Increases fungus infections in the mouth
- Increases gum abscesses
DIABETES and Periodontal Disease

Periodontal disease is a chronic infection of the gums. Periodontal disease affects people with diabetes 2x more than people without diabetes, making it harder to fight off germs that settle in the mouth, causing infection.

Keeping a healthy mouth plays a big part in maintaining your diabetes. In addition, it is also very important to eat healthy, exercise, take needed medicines, check blood sugar, inspect feet, control blood pressure and cholesterol, and stop the use of commercial tobacco.

Steps you can take:

- See your dentist regularly
- Tell your dentist you have diabetes
- Ask for more information about mouth health and diabetes from your doctor and dentist
- Brush with fluoride toothpaste 2 times a day
- Floss once a day