

Stages of Periodontal Disease



*Photos courtesy of Dr. G. Todd Smith

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