

WHAT CAN YOU DO TO IMPROVE YOUR GUM HEALTH?

Visit your dental professional at least once a year:

- Ensure you inform them of your diagnosis of diabetes and your most recent glycated haemoglobin (HbA1c) result.

Practise good oral hygiene habits daily:

- **Brush each tooth and the gum line twice daily** (last thing at night or before bedtime and on one other occasion) for at least 2 minutes each time, with a fluoridated toothpaste. An electric toothbrush may provide you with an improved brushing technique.
- **Use interdental aids** to clean between the teeth as the toothbrush may be unable to reach these sites.
- **‘Spit, don’t rinse’** after brushing your teeth. Rinsing your mouth dilutes the beneficial ingredients in your toothpaste.

Make positive lifestyle changes:

- Stop smoking
- Have a balanced diet
- Engage in regular exercise
- Reduce your stress levels



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PERIODONTAL TREATMENT

Successful periodontal treatment can:

- Give you a cleaner and healthier mouth
- Halt the progression of periodontitis
- Reduce HbA1c levels up to 12 months post-treatment. Evidence shows there may be reductions in HbA1c equivalent to adding a second oral anti-diabetic drug
- Reduce your body’s inflammatory burden

FURTHER INFORMATION

British Society of Periodontology and Implant Dentistry

- bsperio.org.uk

The BSP is a charity established to promote gum health and do not endorse any products, equipment or materials.



TePe Oral Hygiene Products Ltd

- tepe.com/uk



PERIODONTITIS AND DIABETES

Your guide to better gum health

Did you know?



People with periodontitis are at an increased risk of developing diabetes and vice versa



Severe periodontitis is the sixth most prevalent condition globally



Diabetic complications are more likely in those who suffer with both periodontitis and diabetes



Periodontal management involves regular, long-term care with your dental professional



Successful periodontal treatment can improve your blood glucose control



Periodontitis is largely preventable but, if left untreated, it can cause tooth loss

Periodontal (gum) diseases are caused by your body's inflammatory response to the plaque (bacteria) that collect at and below the gum line of the teeth. Effective tooth brushing and interdental cleaning can prevent periodontal diseases developing.



1. GINGIVITIS

- Inflammation of the gums
- No gum pockets
- Good bone support

2. EARLY STAGE PERIODONTITIS

- Increasing inflammation of the gums
- Moderate gum pockets
- Reduced bone support

3. LATE STAGE PERIODONTITIS

- Increasing inflammation of the gums
- Deeper gum pockets
- Loose / drifting teeth

COMMON SIGNS AND SYMPTOMS OF PERIODONTITIS

Seek advice from your dental professional, if you have any of the following signs and symptoms:

- 1. Inflamed or bleeding gums:** healthy gums should not be swollen or bleed.
- 2. Shrinking (recession) of gums and tooth sensitivity:** shrinking gums can make the teeth look longer, expose the roots of the teeth, and create 'black triangles' (gaps) between the teeth. Exposed roots can result in increased tooth sensitivity.
- 3. Bad breath (halitosis):** bad breath can be the result of unpleasant gases released by the bacteria that coat your teeth, gums, and tongue.
- 4. Drifting of teeth or loose teeth:** reduced bony support around the teeth can cause the teeth to drift and feel loose. Eventually, this may cause tooth loss.