



# DIABETES & ORAL HEALTH

Understanding the connection.

## High blood sugar affects oral health. Oral health affects blood sugar.

Because they're less able to fight gum-invading bacteria, people with diabetes who are unable to control their blood-glucose levels are at a greater risk than people without diabetes for developing oral health problems, including:\*

- › Gingivitis (an early stage of gum disease)
- › Periodontitis (serious gum disease)
- › Tooth loss
- › Thrush, an infection caused by fungus that grows in the mouth
- › Dry mouth, which can lead to soreness, ulcers, infections and cavities

And studies show gum disease affects diabetes as well. This is because, like all infections, serious gum disease can cause blood sugar to rise, making it harder for people with diabetes to control their condition.\*\*

## Break the cycle with good oral health.

Taking good care of your teeth and gums today can mean fewer complications from diabetes tomorrow.\*\* Let your dentist know if you're successfully managing your diabetes. And be sure to schedule a periodontal evaluation.



### Are you a Cigna Dental customer?

Take Cigna's Periodontal (Gum) Disease Risk Assessment Quiz on [myCigna.com](https://mycigna.com), and share the results with your dentist!

**Together, all the way.®**



\* American Dental Association. Aging and Dental Health. July 2019. <<http://www.ada.org/en/member-center/oral-health-topics/aging-and-dental-health>>

\*\* Everyday Health. "Why Dental Problems Make It Hard to Control Blood Glucose". Accessed September 2019 <<https://www.everydayhealth.com/type-2-diabetes/symptoms/why-dental-problems-make-it-hard-to-control-blood-glucose/>>

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