



**Healthy aging
requires a
healthy mouth.**

**Type 2 diabetes &
poor oral health**

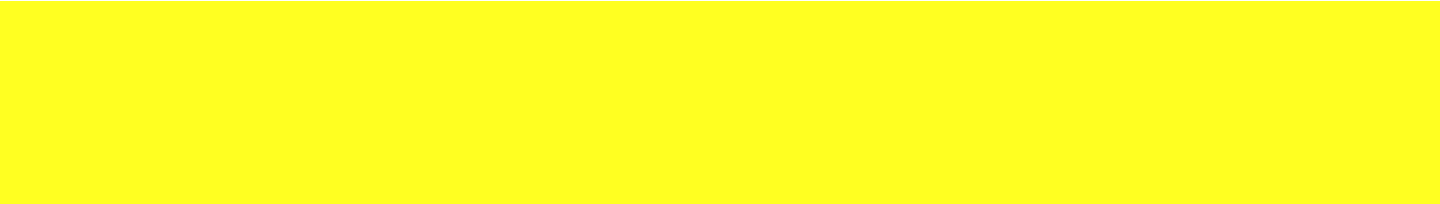
PREVORA
ANTIBACTERIAL TOOTH COATING chlorhexidine diacetate



About this guide

Oral healthcare is changing dramatically, to embrace new scientifically-proven methods and treatments which prevent disease in the mouth.

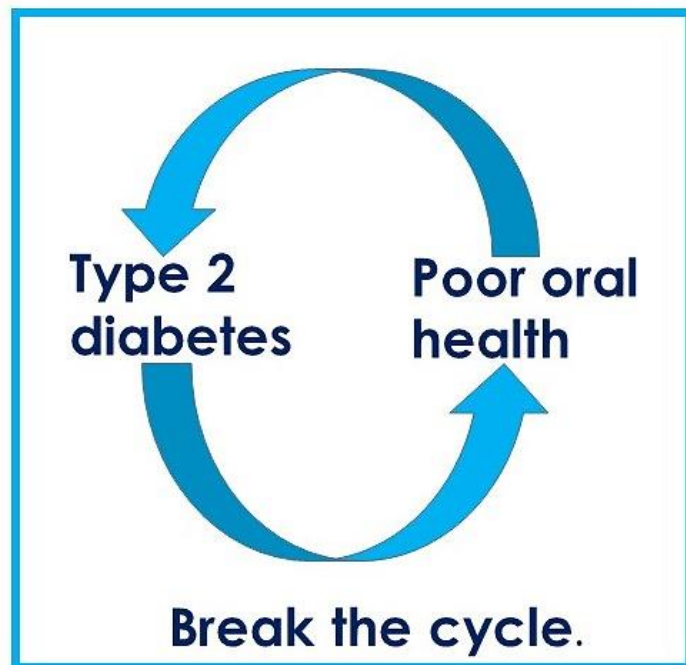
To inform our patients about these changes, your oral healthcare team is publishing a series of e-books about the new "science of prevention" and how it can help you to better oral health.



Type 2 diabetes and poor oral health – breaking the cycle

Adults with Type 2 diabetes are at high risk of having more cavities and more gum disease. But that's not all. This poor oral health can, in turn, cause unstable or elevated glycated hemoglobin (HbA1C).

This cycle of poor oral health and poor overall health can be broken by your oral healthcare professional working with you medical team.



Why break the cycle?

There are two reasons to seek preventive oral healthcare if you are diabetic.

First, studies show that lower inflammation of your gums also leads to lower glycated hemoglobin (HbA1C). Refer to Figure 1.

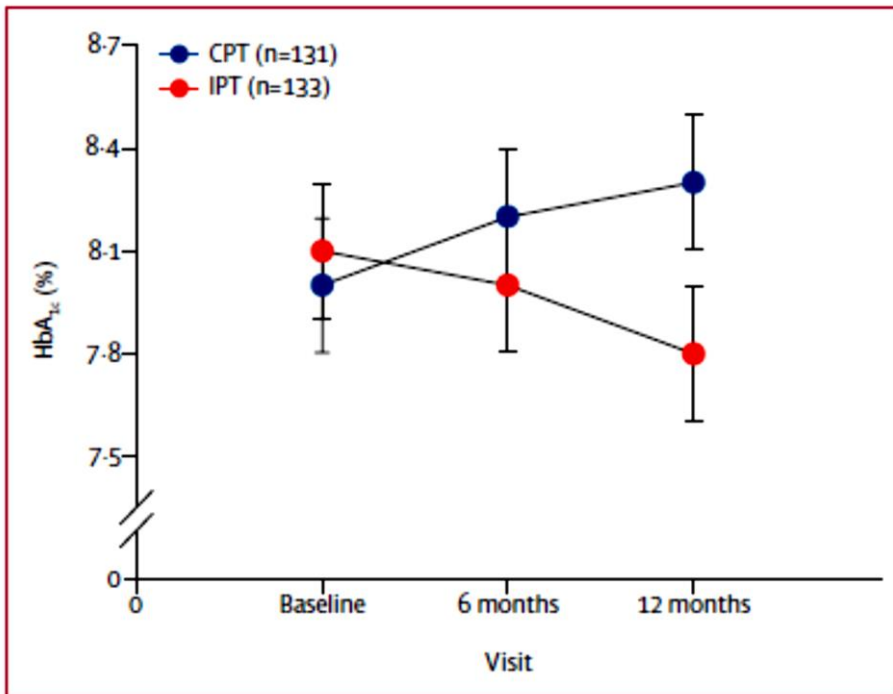


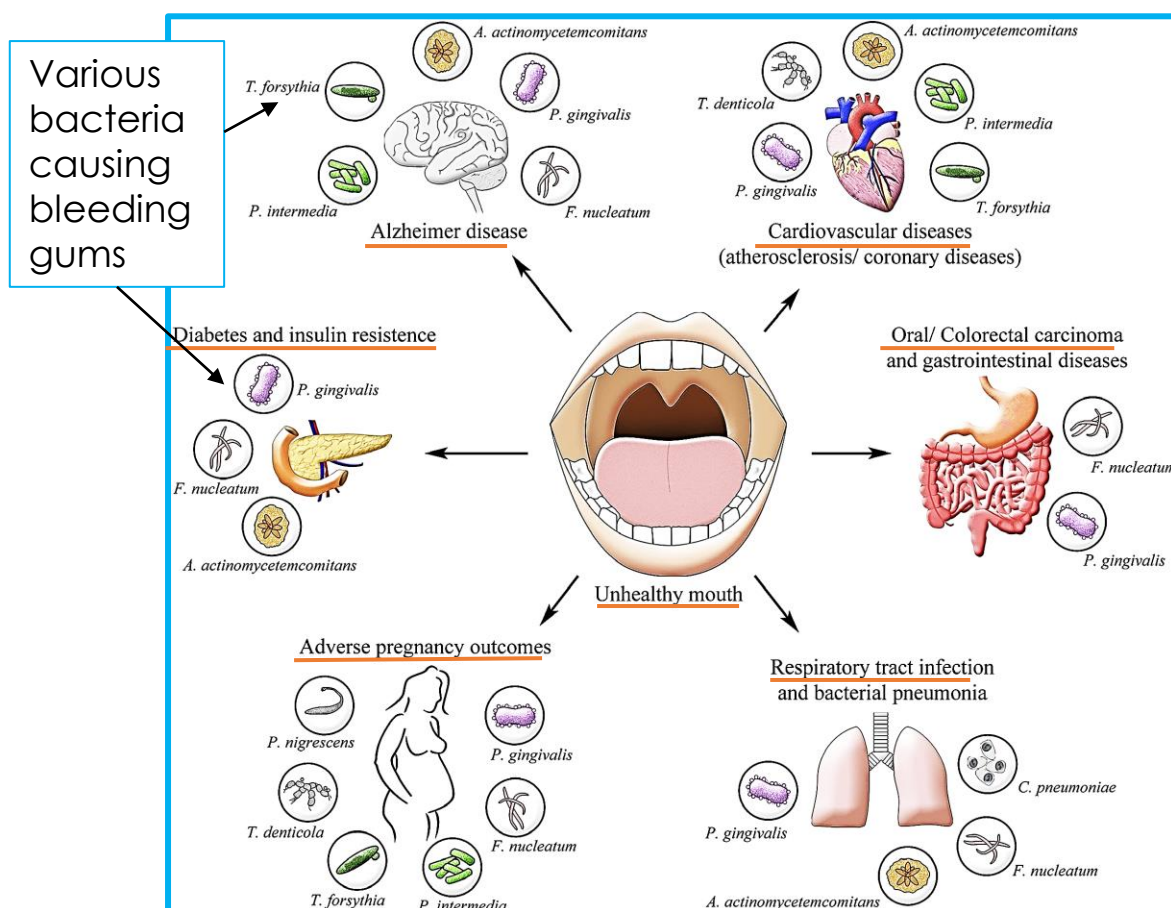
Figure 1 Levels of glycated hemoglobin (HbA1C) in high risk adults with Type 2 diabetes over 12 months comparing lower oral inflammation (red) versus no change in oral inflammation (blue)

Source: D'Aiuto F et al. 2018. Systemic effects of periodontitis treatment in patients with type 2 diabetes: a 12 month, single centre, investigator masked, randomized trial. *Lancet Diabetes Endocrinology*, October.

Second, better oral health significantly reduces the chances of retinopathy, neuropathy and an early death from diabetes.

Poor oral health also threatens more than Type 2 diabetes

What happens in the mouth, doesn't stay in the mouth. The bacteria causing your gums to bleed are closely associated with several medical problems other than diabetes: cardiovascular disease, hypertension, stroke, respiratory and inflammation conditions, and cognitive decline.



Source: Bui FQ et al. 2019. Association between periodontal pathogens and systemic disease. Biomed J., 41, 1, 27-35

So how is poor oral health best managed during diabetes?

First, improve your daily oral hygiene activities including brushing and flossing twice daily.

But when you bleeding gums persist, or reoccur frequently, ask you oral healthcare professional for extra help.

Professional scaling of your dental plaque at and under the gum line is commonly effective. But for those teeth which continue to be inflamed or bleed after scaling, we use a new antiseptic tooth coating called Prevora. It is painlessly applied to your teeth and gum line in a series of short visits. Prevora helps to rebalance bacteria in your dental plaque.

Prevora patients go for years without cavities or gum disease. Many Prevora patients report they feel better too.



Prevora is painlessly applied to your teeth and gum line where it rebalances oral bacteria to a healthy condition.

Consult with your oral healthcare professional

Science's growing understanding of the interrelationships between oral health and overall health, makes a consultation with your hygiene team ever more important.

Your hygienist observes oral inflammation and ongoing poor oral health with unique skills and competencies. Your hygienist also knows how to prevent cavities at the gum line safely, quickly, affordably and without pain.

Team up with your hygiene team to get to better oral health and better overall health.





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