

# TOOTHFULLY. *speaking*



Dr. Preety Desai

## NOVEMBER IS ALSO DIABETES AWARENESS MONTH

Diabetes has been labelled as the THE DISEASE of the 21st century. The most interesting fact is that in the next 10 years, 1 out of 2 adults will either be diagnosed with the disease or early forms of it. The most exciting thing today is that we know how to control it and the damaging side effects but a cure is still being researched.

In dental research the most interesting thing we periodontists see is that moderate to severe gum disease goes hand in hand for diabetic patients. I can tell by looking in someone's mouth as to how closely controlled their blood sugars are and I have even been able to help patients determine they had undiagnosed diabetes when dental cleanings alone could not control their gum disease.

Even though newer generations are keeping their teeth longer, baby boomers are still losing their teeth 2X faster and are 3X more likely to have gum disease, all due to diabetes.

For many years, studies have shown people with uncontrolled diabetes, have more gum disease than those without diabetes. Recent research now shows having periodontal disease ALONE raises your blood sugar levels whether you have diabetes or not. That is why recent experiments in India have tested oral metformin gels injected into the periodontal pockets to control disease and increase bone regeneration.

Diabetes and periodontal diseases are both chronic inflammatory diseases that are silent until they both reach dangerous levels of damage and both make each other's prognosis worse when occurring together.

The word diabetes derives from the ancient Greek meaning "to pass through urine." When one's insulin hormone is ineffectual in dealing with dietary glucose levels, the result is an abnormally high blood glucose - your body has no choice but to pass it through the urine for elimination. Signs of hyperglycemia, include excessive urine production, extreme thirst, blurred vision, unexplained weight loss, tiredness and stupor like a drunken state.

Diabetics are three to four times more likely to have periodontal disease because of a compromised immune/healing response. It is vital for diabetics to have excellent oral hygiene and regular professional cleanings. Any hint of gum infection make it difficult for a diabetic to control blood sugar. Diabetics without periodontal disease have 6X better sugar control versus diabetics with gum disease. Researchers have also shown that the elimination of gum disease can directly improve a person's control over diabetes 100%.

So be honest with yourself, if you are not tightly controlled, then those little spikes of blood sugar have a cumulative detrimental long term affect on all your body's organs but especially keeping your teeth! So just because you don't feel any pain does not mean you don't have a serious problem. Take care of your mouth as well as your body - it smiles, chews and works hard for you!



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