



## Diabetes and Gum Disease

*Did you know...*

### **November is Diabetes Awareness Month?**

If you have diabetes you are two times more likely to develop gum disease. Diabetes can make your body more susceptible to bacterial infections. People with diabetes have decreased ability to fight germs that invade the gums. Too much sugar in your blood from diabetes can cause:

- Pain
- Plaque
- Infection
- Gum Disease

Bacteria in plaque mixes with sugar in foods and causes tooth decay. Plaque that is not removed hardens over time and becomes tartar. Tartar if not removed will irritate your gums, which become red, swollen, and bleed easily which are the first signs of gum disease (gingivitis).

When gingivitis is not treated, it can advance to periodontitis. In periodontitis, the gums pull away from the teeth and form pockets, which become infected. This infection starts to break down the bone and tissue that hold teeth in place. If periodontitis is not treated, the gums, bones, and tissue that support the teeth are destroyed.

Gum disease can happen more often, more severe, and take longer to heal if you have diabetes. The less control you have over your blood sugar levels, combined with poor oral hygiene, the more likely you will have oral health problems.

Visit [UnitedConcordia.com](http://UnitedConcordia.com) for more dental health tips.