

DENTAL QUESTION



Stoney Creek
Dental Group

Dr. Allen Park & Associates

QUESTION:

What is the link between periodontitis and diabetes?

ANSWER:

In my first article I briefly mentioned there was a link between gum disease and diabetes. This is due to the release of toxins by bacteria in your mouth. Improper and/or infrequent brushing and flossing will cause plaque to buildup and harden to form tartar leading to gingivitis. If untreated, these conditions progress to periodontitis which is a more severe form of gingivitis. This causes inflammation and bleeding of the gums when brushing and flossing. These are all a result of toxins released by a buildup of bacteria in your mouth and it is these toxins that enter your blood stream and can impact the amount of insulin being released thus affecting your blood glucose levels.

The best treatment of periodontitis is prevention by having a daily routine of properly brushing and flossing along with regular visits to your dental office. Tartar cannot be removed by brushing or flossing so if you haven't seen your dentist in the last year, then I recommend you make an appointment as soon as possible, especially if you have noticed any bleeding in your gums when brushing or flossing. Other early signs of gingivitis are bad breath or a bad taste in your mouth. If you are experiencing these symptoms then you should see your dentist. Only your dentist can diagnose gingivitis and periodontitis and prescribe a treatment plan for you.

If you have any questions about this or any of my previous articles, then feel free to email me at ask@stoneycreekdental.ca.

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