



LIVING WELL WITH DIABETES

Anderson County Health Department

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Diabetes and Oral Health Problems

Is there an association between diabetes and gum disease ?

Research shows that there is an increased prevalence of gum disease among those with diabetes, adding serious gum disease to the list of other complications associated with diabetes, such as heart disease, stroke and kidney disease.

Is there a two-way street?

Emerging research also suggests that the relationship between serious gum disease and diabetes is two-way. Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control and contribute to the progression of diabetes. Research suggests that people with diabetes are at higher risk for oral health problems, such as gingivitis (an early stage of gum disease) and periodontitis (serious gum disease). People with diabetes are at an increased risk for serious gum disease because they are generally more susceptible to bacterial infection, and have a decreased ability to fight bacteria that invade the gums.

If I have diabetes, am I at risk for dental problems?

If your blood glucose levels are poorly controlled, you are more likely to develop serious gum disease and lose more teeth than non-diabetics. Like all infections, serious gum disease may be a factor in causing blood sugar to rise and may make diabetes harder to control.

Other oral problems associated to diabetes include: thrush, an infection caused by fungus that grows in the mouth, and dry mouth which can cause soreness, ulcers, infections and cavities.

How can I help prevent dental problems associated with diabetes?

First and foremost, control your blood glucose level. Then, take good care of your teeth and gums, along with regular checkups every six months. To control thrush, a fungal infection, maintain good diabetic control, avoid smoking and, if you wear them, remove and clean dentures daily. Good blood glucose control can also help prevent or relieve dry mouth caused by diabetes.

What can I expect at a checkup? Should I tell my dental professional I have diabetes?

People with diabetes have special needs and your dentist and hygienist are equipped to meet those needs – with your help. Keep your dentist and hygienist informed of any changes in your condition and any medication you might be taking. Postpone any non-emergency dental procedures if your blood sugar is not in good control.

Reprinted from:

<http://www.colgate.com/app/CP/US/EN/OC/Information/Articles/Oral-and-Dental-Health-Basics/Medical-Conditions/Diabetes-And-Other-Endocrine-Disorders/article/Diabetes-and-Oral-Health-Problems.cvsp>

Tips for Optimal Oral Health

- ⇒ Have a dental checkup at least every six months, or as often as indicated by your dental professional.
- ⇒ Tell your dentist and hygienist you have diabetes and any other medical condition.
- ⇒ Brush for two minutes twice a day with a toothpaste with an antigingival/antibacterial ingredient to help prevent gingivitis and one that is accepted by the American Dental Association

Contact your dentist or hygienist if you experience any of these signs of gum disease:

- ⇒ Gums that bleed or are red, puffy or swollen, or sore
- ⇒ Gums that have pulled away from your teeth
- ⇒ Changes in the way your teeth fit together when you bite
- ⇒ Pus that appears between your teeth and gums
- ⇒ Constant bad breath or a bad taste in your mouth



ANDERSON COUNTY
HEALTH DEPARTMENT

ANDERSON COUNTY HEALTH DEPARTMENT
1180 GLENSBORO ROAD
LAWRENCEBURG, KY 40342

FOR MORE INFORMATION ABOUT THE
DIABETES SUPPORT GROUP

PLEASE CONTACT:
APRIL THOMAS, HEALTH EDUCATOR
PHONE: 502-839-4551 EXT. 1110
FAX: 502-839-8099
E-MAIL: APRIL.THOMAS@KY.GOV

THE ANDERSON COUNTY DIABETES SUPPORT
GROUP WILL MEET

MONDAY, JUNE 3 AT 7:00PM

IN THE COMMUNITY ROOM OF THE
ANDERSON COUNTY HEALTH DEPARTMENT.

Visit us online!
www.achdonline.org

Postmaster, please deliver to:

Important Dates in June

- 14 - Flag Day
- 16 - Father's Day
- 21 - Summer Begins



Health Department Programs in June

- 3 - Diabetes Support Group Meeting, 7-8pm
- 11 - Longest Day of Play @ American Legion Park, 5:30-7:30pm

Recipe of the Month

**Spinach & Tomato
Omelet with Rosemary**

4 servings; serving size : 1/2 omelet

Ingredients

- 2 cups egg substitute
- 3 Tbsp fat-free milk
- 2 cups (2 oz) loosely packed baby spinach
- 2 Tbsp chopped fresh basil leaves
- 1 Tbsp canola oil
- 1 cup grape tomatoes, quartered
- 1/2 tsp chopped fresh rosemary leaves
- 1/2 cup (2 oz) reduced-fat feta cheese

Directions

1. Combine egg substitute and milk in a medium bowl and whisk until well blended.
2. Place the spinach and basil in another medium bowl; set aside.
3. Heat canola oil in a small nonstick skillet over medium high heat hot. Add tomatoes and rosemary, and cook 2 minutes or until soft, stirring frequently. Add to bowl with spinach and basil, toss, and cover to allow the spinach to wilt slightly and flavors to blend while preparing omelets.
4. Reduce the heat to medium. Wipe skillet clean with a damp paper towel. Coat skillet with cooking spray and place over medium heat until hot. Pour half of egg mixture into skillet. Cook 5 minutes; as eggs begin to set, gently lift edge of omelet with a spatula and tilt skillet so uncooked portion flows underneath.
5. When egg mixture is set, spoon half of tomato mixture over half of omelet. Top with half of the feta cheese. Loosen omelet with a spatula and fold in half. Slide omelet onto serving plate and cover with foil to keep warm. Repeat with remaining ingredients.

Flavorful tip: For variety, place each omelet half in a warmed whole-wheat tortilla with 1-2 Tbsp of picante sauce for unique, garden-fresh breakfast burritos!

Nutrition Facts

Calories: 135 Cholesterol: 5mg Carbs: 5g Fiber: 1g Sodium: 445mg Total Fat: 55g Protein: 16g