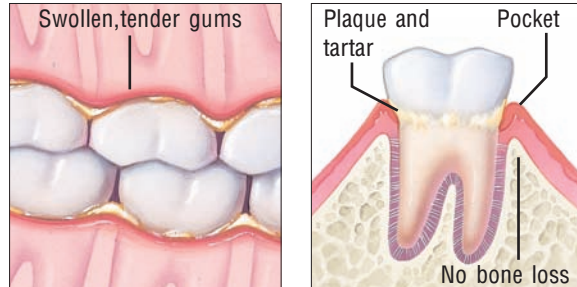
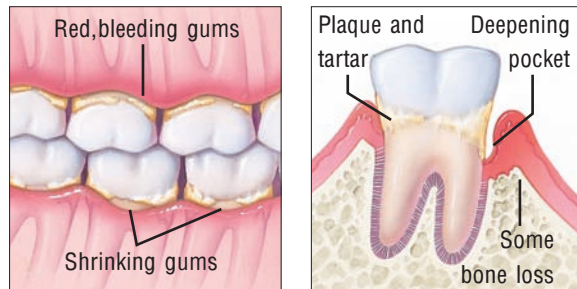


## Stages of Periodontal Disease

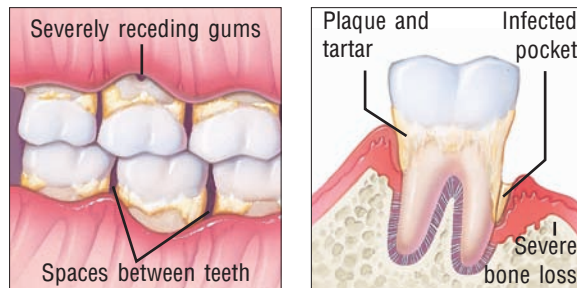
Periodontal disease occurs in three stages. It may become more advanced if left untreated.



**Gingivitis** is an inflammation of the gums caused by plaque and tartar buildup. It may cause swollen, tender gums or bad breath. No bone is lost.



**Periodontitis** may make the gums bleed and shrink back. Pockets may deepen, and some bone loss occurs.



**Advanced periodontitis** results in severe bone loss. Also, the pockets become infected. The affected teeth may loosen, and be more sensitive to cold, air, or sweets.

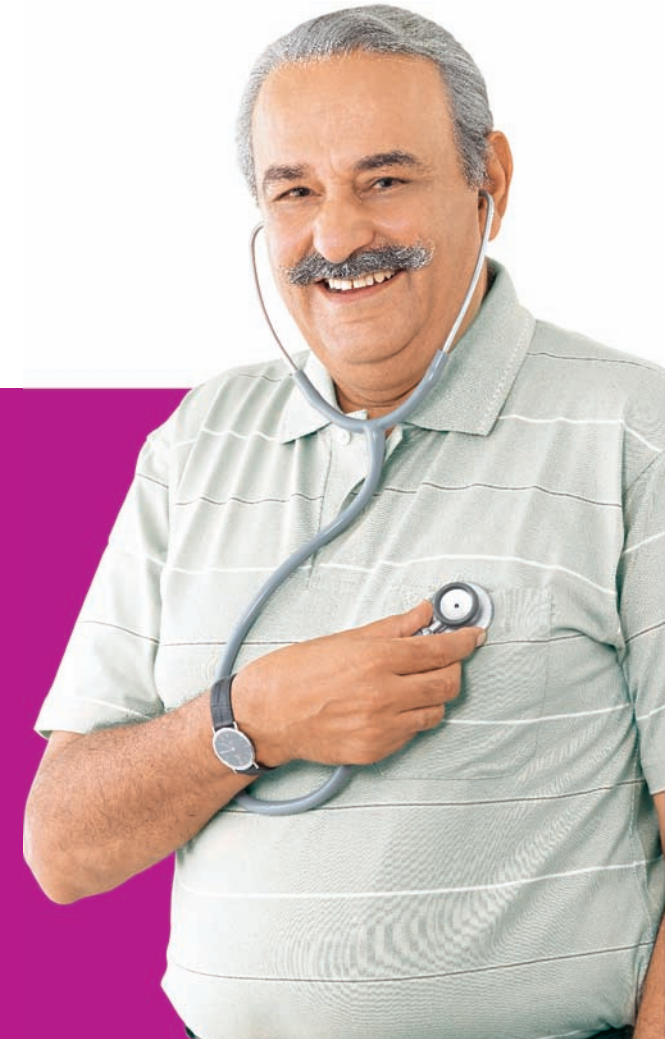
## Maintaining a Healthy Mouth

To help prevent or control periodontal disease, begin a self-care program today. See your dentist regularly. Also let your health care provider know if you have problems controlling your blood sugar.



# Mouth Care and Diabetes

Managing Periodontal Disease



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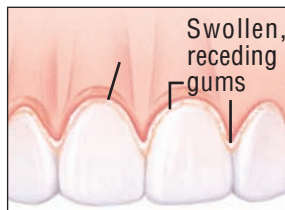
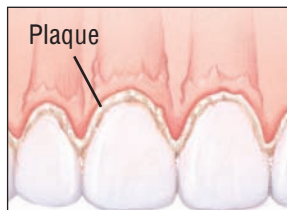
This brochure is not intended as a substitute for  
professional dental care.

## An Increased Risk for Periodontal Disease

When you have diabetes, you are at greater risk for periodontal disease (infection of the gums and tissues supporting the teeth). Any periodontal disease you may develop can be more severe and harder to control. Preventing or controlling periodontal disease requires ongoing care.



Removing plaque and tartar from teeth daily helps keep the gums healthy.



Bacteria from plaque and tartar can cause periodontal disease.

### What Causes Gum Infections?

Bacteria in your mouth form a sticky, whitish film (plaque) on teeth. If plaque is not removed daily, it can harden into a rough yellow or brown deposit (tartar). Tartar is harder to remove from your teeth than plaque. Bacteria from plaque and tartar can cause swollen, infected, and receding gums. More severe gum and bone disease may then occur.

## Prevention

You can do some simple things that can help prevent periodontal disease. Follow the guidelines below.

### Use Good Oral Hygiene

Brush your teeth after each meal and floss daily. Don't forget to also brush your tongue. Your dentist may suggest special aids if required to help keep your teeth clean.

### See Your Dentist Regularly

Your dentist may want to see you every 3 to 4 months for exams and cleanings. How often you visit your dentist will depend on how severe your periodontal disease is. It may also depend on your plaque and tartar buildup, and how well you care for your teeth and gums. Tell your dentist if you have any problems controlling your blood sugar.



### Control Your Blood Sugar

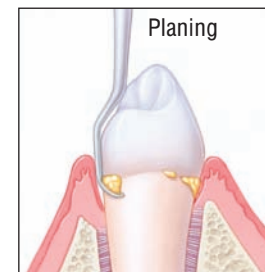
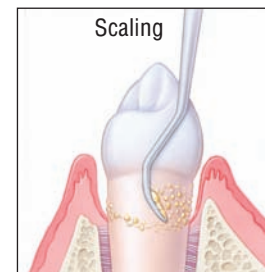
Keeping your blood sugar at a healthy level will help control your diabetes. Doing so will also help your body fight infections and may lessen the severity of your periodontal disease. Take your diabetes medication as instructed.

## Treatment

If you have periodontal disease, your dentist may suggest any of the treatment plans below.

### Scaling and Root Planing

These techniques remove plaque and tartar from teeth, above and below the gumline. Scaling and root planing also help control gum and bone disease. You may need follow-up visits every 3 to 4 months to make sure that your gum problem is under control.



Scaling and root planing remove plaque and tartar from teeth, above and below the gumline.

### Antibiotics

Antibiotics are medications that kill bacteria. You may receive antibiotics as pills or in topical form (applied to the area). Topical antibiotics can be used with other treatments, such as scaling and root planing.

### Gum Surgery

Gum surgery is a way to remove all deep deposits of plaque and tartar. It may be done for advanced infections that don't respond to other types of treatments.