

Dentists & Diabetes: What's the connection?



Studies show there's a strong association between dental health and diabetes.

- People with diabetes are more susceptible to severe gum disease
- Gum disease can make it harder to control blood sugar
- Routine dental exams and cleanings are key to preventing gum disease
- Oral health care is especially important for people with diabetes

1 in 11 adult Washington residents have been diagnosed with a type of diabetes.¹ Periodontal disease (gum disease) is the most common dental concern for roughly 22% of this population.²

Diabetes can also contribute to dry mouth, increase the rate and extent of tooth decay and lead to other infections, like thrush.

People living with diabetes should visit their dentist regularly. They'll provide appropriate cleanings and treatment, while checking for signs of gum disease. Dental visits for these patients can also help keep overall health care costs lower.³



14% to 12% decrease

in overall health care costs for people with diabetes who were treated for periodontal disease. — Journal of American Dental Association

If you have diabetes, talk to your dentist and ask them about the following treatments you may need:



Dental treatments you may need:

- Additional cleanings
- Additional periodontal maintenance
- Additional scaling in the presence of generalized moderate or severe gingival inflammation

¹ Diabetes Epidemic & Action Report: December 2023, WA Department of Health

² MouthHealthy, Diabetes & Dental Healthy, ADA 2024

³ Journal of American Dental Association

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