



Periodontal Diseases and Controlled Factors in Diabetes Mellitus

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DESCRIPTION

Diabetes can have an impact on various body parts, including the mouth. Gum diseases, cavities, and other issues with the teeth are more prevalent among diabetics. Additionally, several oral health issues may exacerbate the diabetes. Nearly 22% of people with diabetes have periodontal disease, making it the most prevalent dental condition impacting this population. Poor blood sugar control raises the likelihood of gum issues, especially as people age. In fact, due to poor blood sugar management, diabetics are more likely to experience gum issues.

It will be easier to avoid these issues or stop them from growing worse if we take proper care of our teeth and gums, including with regular cleanings and necessary treatments. Maintaining a healthy tongue will also help to control the diabetes and avoid diabetes-related health issues including heart disease and kidney disease. Infections affecting the gums and bone that support the teeth are known as periodontal diseases. If the diabetes is not adequately controlled, gum disease may become an issue. Additionally, the body's reaction to gum diseases might cause issues with blood sugar [1].

CAUSES

Diabetes causes blood vessel changes. The clearance of waste from body tissues and the passage of nutrients can both be removed by the swollen blood vessels. The gums and bone may weaken due to the restricted blood supply. As a result they become more risk to infection [2].

Uncontrolled diabetes raises the blood sugar (glucose) levels in the saliva and other oral fluids. This increases the development of germs that can lead to gum disease. On the other side, untreated periodontal disease infections can raise blood sugar levels and make it more difficult to manage diabetes.

Smoking is another issue that harms dental health, even in those without diabetes. However, compared to someone without

diabetes, someone who smokes has a substantially higher risk of developing gum disease [3]. Periodontal disease can be caused by these diabetes-related variables in conjunction with poor dental hygiene.

Tooth decay

Additionally, tooth decay, commonly known as caries, another highly prevalent condition, is more likely to be affected. Too much blood sugar can increase salivary sugar levels, which provides a favourable environment for the growth of a second type of plaque bacteria. This bacterium generates acid, which damages the dentine and enamel of the teeth and causes cavities [4].

The mildest type of gum disease is gingivitis. The gums swell, turn red, and become sensitive. They could bleed quickly when we brush and floss them every day. Gingivitis can be treated by a dentist and can be stopped at home with the right, regular care.

Untreated gingivitis might develop into mild periodontitis. When gum disease reaches this stage, the gums pull away from the teeth. A pocket is created between the teeth and gums as a result. Here, bacteria may congregate. This could result in early bone loss around the teeth. Quick medical attention can prevent further harm [5].

CONCLUSION

Evidence suggests that advanced periodontitis affects glycaemic management, and diabetes raises the risk for periodontitis. Although additional study is needed to fully understand this, periodontal therapy has been linked to improvements in glycemic control. A crucial aspect of overall health, and particularly in people with diabetes, and oral health (including periodontal health). Persons with diabetes should be informed of their elevated risk for periodontal disease, as periodontal examination is just as crucial for them as it is for people without diabetes.

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