



As part of its ongoing objective to stay on the cutting edge of emerging dental science and its role in dental plan designs, Delta Dental Plans Association (DDPA) commissioned the University of Michigan School of Dentistry to conduct reviews of existing scientific research.

One study looked at the science that shows associations between periodontal disease (gum disease) and diabetes. They found that people with diabetes get gum disease more easily, and their gum disease gets worse faster than it does in non-diabetics. Gum disease may also be one of the reasons people get Type 2 or gestational (pregnancy-related) diabetes.

Delta Dental Research Review Confirms Association between Periodontal Disease and Diabetes

Emerging science calls for more periodontal maintenance.

What this means to you:

- Diabetes makes gum disease worse, and people with diabetes get gum disease more easily. Their gum disease also gets worse faster than it does in healthy people. Emerging science indicates that gum disease may also be one of the reasons people get Type 2 diabetes or gestational diabetes.
- It is very important to treat gum disease to have a healthy mouth. It is also helpful for people with diabetes to lower the amount of sugar in their blood over the long term. Keeping blood sugar lower means they control their disease better. If the gums are healthy, some people might not get diabetes at all, or not get it so soon. A healthy mouth could even help people with diabetes to avoid the very serious health problems that often come with diabetes.
- Many people have both gum disease and diabetes and do not know it, so it is very important for everyone to get dental checkups. By finding and treating gum disease, dental care professionals play an important role in keeping people healthier.