



## Diabetes and *Your* Dental Health

### Interesting Facts:

- Only about 60% of Americans see a dentist at least once per year
- About one third of diabetes cases in the United States remain undiagnosed.
- Dental professionals should be routinely screening patients for undiagnosed diabetes. Some offices will use a questionnaire like the sample attached.

### What you should know:

- If *you* have periodontal disease and a family history of diabetes, hypertension or high cholesterol you have a 27-53% increased risk of having undiagnosed diabetes.
- If *you* have diabetes you should be carefully screened for periodontal disease activity at your next dental visit since it may impact your ability to balance your blood sugar (HbA1c) levels.

### What you should do:

- It is *critical* that you thoroughly complete a health history when you visit the Dentist and that it is thoroughly reviewed by a dental health professional.
- It is *in your best interest* to reveal any family history of any type of diabetes to your dental professional.
- Your dental provider may refer you to your physician for further diabetic screening. If you have a family history of diabetes *and* advanced periodontal disease, you may be referred to a gum specialist. In either case, you should follow the recommendations of your dental professional.
- Take an online screening test for periodontal disease and diabetes.
  - [www.perio.org](http://www.perio.org) go Gum Disease then Assess Your Risk
  - [www.diabetes.org/risktest](http://www.diabetes.org/risktest) Select go under the sunglasses