

HEALTHY MOUTH AND DIABETES



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مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

More than half of the adult people suffer from gum inflammation, but the case can become worse if a person is diabetic. Uncontrolled level of blood sugar can increase gum and dental problems since the immunity of a diabetic patient, young or adult, is often less than the immunity of healthy people.



THE RELATIONSHIP BETWEEN DIABETES AND GUM INFLAMMATION



The American Diabetic Society defines diabetes as a dangerous disease because human body stops generating or even use Insulin. Insulin is a hormone that converts sugar, starch and other foods into the energy the body needs on daily basis. It is vital that diabetic people control levels of blood sugar to normal levels through diet and physical exercise. It is proven that diabetes can lead to gum and tooth diseases and studies have proven that gum diseases are the sixth reason of diabetes.

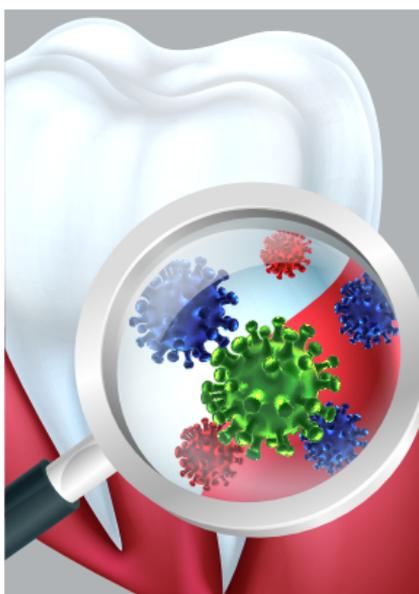


HEALTHY MOUTH

Healthy mouth is an indication of healthy teeth and gum because these tissues are the ones that allow us to speak, smile, taste and chew. They also help in maintaining healthy faces and natural look. Therefore, we need to look after them to avoid old age diseases.

IMPORTANCE OF HEALTHY MOUTH:

Diabetic patients are three or four times more exposed to chronic gum diseases than others. Diabetes is a disease that decreases body ability to secrete or use insulin. Controlling insulin at normal levels can be difficult. Because gum diseases with diabetic people are of a higher rate, a diabetic person may lose his teeth faster than others because of chronic gum infections which affect the internal tissues surrounding teeth bones which can also lead early teeth loss.



ORAL HEALTH CARE

- 1) Control blood sugar at a normal level
- 2) Brushing at least two times daily
- 3) Use dental floss, and other oral health products for any artificial denture or bridge
- 4) Use Miswak any time a day or all the day
- 5) Follow dental appointments