



# Diabetes

# & Dentistry YOU

Say Good-bye to 2009

**Welcome in a Simpler, More Healthful 2010**

It's that time of year again, when Americans find so many reasons to lift a glass, to spend time with friends and family, to eat more than they probably should. . . and eventually, to pause for a moment to reflect on the year that's passed.

When you find that quiet moment this December or January, ask yourself this question. What have I done in the last twelve months to improve my health and to manage my diabetes? If your answer is "nothing", read on. You might just discover an unexpected way to make the coming year simpler and more health-filled.

Most doctors will agree that the single most important part of effective diabetes management is healthy lifestyle choices. In other words, the things patients do for themselves (or don't do) makes more difference in their daily health, and in how long

they live than any prescription your doctor can write. Regular exercise, eating lots of fiber-rich foods, testing glucose levels, and skipping red meat and ice cream from time to time are some of those good choices.

## **A New Ally in Diabetes Management**

And, now taking care of your mouth and teeth may do as much or more to improve your health than any of those better known lifestyle choices.

According to Dr. Thomas Beikler, MD, DMD and associate professor in the department of periodontics at the University of Washington, infections under your gum line extend much further than most people think. In fact, advanced periodontitis can grow to the size of a baseball quickly – especially for those with diabetes. And it can penetrate soft tissue, connective tissue

**According to a study by the Centers for Disease Control and Prevention 2009 Report. . .**

**The rate of new cases of diagnosed diabetes rose by more than 90% among adults over the last 10 years.**

and alveolar bone, with devastating consequences.

More importantly, that infection can drive your glucose levels out of control, and speed development of other complications such as heart disease and kidney disease.

Ah! But, Beikler also noted, that with vigorous treatment by a dentist who knows his way around the complexities of diabetes, metabolism can be righted within a few treatments.

## **Did you know?**

**According to the CDC, if current trends continue, 1 in 3 Americans will develop diabetes sometime in their lifetime, and those with diabetes will lose, on average, 10–15 years of life.**

During his 16-years as an internist in a specialty clinic for diabetes, Dr. Beikler recalled seeing many patients who simply could not manage their glucose levels.

Now years later, and after teaching and leading research studies that showed the interrelated nature of oral health and body health, he couldn't help but wonder how many of those patients might have been helped with regular

preventive dental treatment.

"I hope that the awareness among all medical and dental professions has increased and that both groups understand that there exists a strong interrelationship between periodontitis and diabetes mellitus that needs a common treatment approach," said Beikler.

And so as you say good-bye to 2009 and begin 2010, ask

yourself what you will do during the next 12 months to honor your life and to preserve your health? And make a change.

### Learn More

To find out more about how oral health treatments can help you manage your diabetes, visit:

- <http://www.dentistryfordiabetics.com/gallery.php>
- <http://www.dentistryfordiabetics.com/directory.php>



**With all you've learned in the article above about how oral infection can worsen or even trigger diabetes, you may be asking yourself why your physician hasn't connected you with a dentist who can work his or her magic on your mouth.**

## The Most Common Barrier To Complete Health Treatment

The answer might surprise you...

You see, your physician is probably already aware of the value of collaborating with the right dentist to help you better manage your metabolism. The problem is that physicians and dentists use two different patient records systems.

When you consider the mountain of paperwork physicians and dentists must navigate just to keep up government regulations and insurance guidelines, you can perhaps understand. How can they even begin to tap into an entirely different system of health information in order to collaborate — when the language, documents and

data simply doesn't match?

DentistryForDiabetics™, a national organization dedicated to removing barriers to providing health and dental treatment specifically for the patient with diabetes, created a common system for tracking and exchanging patient information to address those challenges.

The goal of this new communication system is to enable a complete, collaborative network of health care providers (including physicians, dentists, dieticians, etc.) to work together with the common goal of improving your health. To find out how you can help your physician help you, visit [www.dentistryfordiabetics.com](http://www.dentistryfordiabetics.com).

### Oral Health & Treatment:

**The risk of developing periodontal disease grows with age. According to research, more than half adults living in the United States, who are over the age of 35, are already in the early stages of periodontal disease.**