

Referral Support Service

Diabetes

DI01

Dental Health and Diabetes

Definition

Dental problems are more common in people with diabetes. It is estimated that people with Type 2 diabetes are three times more likely to develop dental problems than people without diabetes, and the risk is also increased for people with Type 1.

Dental problems can include gingivitis, periodontitis, dental caries, xerostomia, oral thrush and disturbances in taste.

People with diabetes who have persistent high blood glucose levels are more likely to have dental problems. Oral problems can occur in people with diabetes for a number of different reasons, which is why it is crucial that they visit a dentist regularly.

It is important that dental health is promoted as an integral part of diabetes management.

Management

The BMJ suggests brief intervention:

ASK if the patient attends a dentist.

INFORM patients of their increased risk of periodontitis and the importance of good HbA1c control to reduce this risk.

ADVISE patients to have regular dental assessments.

RECORD Advised to see Dentist

XaLLD (system 1)
8CdF (EMIS)

Patient information leaflets/ PDAs

Patients experiencing problems finding a NHS dentist can contact NHS England's Customer Contact Centre on 0300 311 2233.

References

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Simpson TC, Weldon JC, Worthington HV, Needleman I, Wild SH, Moles DR, Stevenson B, Furness S, Iheozor-Ejiofor Z. (2015) Treatment of periodontal disease for glycaemic control in people with diabetes mellitus. *Cochrane Database of Systematic Reviews* 2015, Issue 11.

Harald Loe (1993) Periodontal Disease: The sixth complication of diabetes mellitus *Diabetes Care* Jan 1993, 6 (1) 329-334; DOI: 10.2337/diacare.16.1.329