

# *How can I tell if I have periodontal disease?*

**Common signs** of gum disease include:

- Red, swollen or tender gums
- Persistent bad breath
- Gums that bleed easily
- Loose or separating teeth
- A change in the way your teeth fit together when you bite

However, many people with periodontal disease **do not experience any symptoms** or pain. That is why it is so important to see a dental professional regularly as they're trained to spot early signs of the disease.



*Diabetes patient with severe periodontal disease*

Please call our office today at (910) 256.8486 to schedule your periodontal evaluation.



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# *Diabetes & Periodontal Disease*



*Important  
information about  
your oral health  
from  
Dr. Phyllis B. Cook*

## How does diabetes affect my oral health?

As a **diabetic**, you have a higher risk of developing infections, including an infection of the gums and teeth known as **periodontal disease**. Research has shown that people with diabetes are more likely to have periodontal disease than people without diabetes. In addition, diabetes patients whose disease is poorly controlled are even more at risk.

*Periodontal disease can increase blood sugar, making diabetes more difficult to control.*

If you develop periodontal disease (also known as **gum disease**), it can impair your ability to process and/or utilize insulin, making your diabetes more difficult to manage and increasing your risk for **diabetic complications**.

## What exactly is periodontal disease?

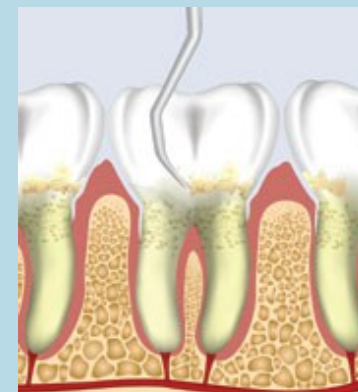
**Periodontal disease** is a serious bacterial infection of the gums and tissues supporting the teeth. It is caused by a **buildup of plaque**—a sticky film that forms on your teeth. If not removed every day with proper dental hygiene, plaque can turn into a rough, yellowish substance known as **tartar or calculus**. Left untreated, periodontal disease can cause:

- Severe gum recession
- Bone and tissue reduction
- Tooth loss



## Treatment and maintenance

In the early stages of gum disease, treatment typically involves scaling and root planing, a **non-surgical procedure** to thoroughly clean teeth above and below the gum line to remove plaque and calculus.



*Scaling and root planing procedure*

**More advanced cases** may require further treatment. Dr. Cook will assess your oral hygiene and stage of disease to determine the best treatment plan for you. Like diabetes, periodontal disease can be monitored and managed. Dr. Cook and your endocrinologist will work together to help you control both for **optimum health**.