

WHY TAKING GOOD CARE OF YOUR MOUTH MATTERS.

Understanding the connection between gum disease and diabetes.



Periodontal disease affects blood sugar.

People with diabetes are more likely to have gum disease than those without, because people with diabetes are at greater risk for infection.¹ And studies show gum disease affects diabetes as well, since gum infections can actually make it harder for people with diabetes to control their blood sugar.¹ Either way, good oral health can be linked to a reduced risk of complications from diabetes.¹

High blood sugar affects oral health.

Research suggests people with diabetes are at a greater risk than people without diabetes for developing oral health problems, like gingivitis (an early stage of gum disease) and periodontitis (serious gum disease), because they're less able to fight gum-invading bacteria.²

If you're unable to control your blood-glucose levels, you're more likely to develop serious gum disease and lose more teeth than people without diabetes.² Like all infections, serious gum disease can cause your blood sugar to rise, making your diabetes harder to control.²

Other oral health problems associated with diabetes include thrush, an infection caused by fungus that grows in the mouth; and dry mouth, which can cause soreness, ulcers, infections and cavities.²

Let your dentist know if you're successfully managing your diabetes. And be sure to schedule a periodontal evaluation.

Remember: Taking good care of your teeth and gums today means less complications from diabetes tomorrow.

Did you know?

- Gum disease may make it harder for people without diabetes to control their blood sugar
- Moderate or severe gum disease can lead to higher blood sugar, longer
- You can take Cigna's Periodontal (Gum) Disease Risk Assessment Quiz on myCigna.com, if you're a Cigna Dental customer, and share the results with your dentist

GO YOU®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

1. American Academy of Periodontology. *Diabetes and Periodontal Disease*. Retrieved on April 1, 2014 from <http://www.perio.org/consumer/diabetes.htm>

2. American Diabetes Association. *Diabetes and oral health problems*. Retrieved on April 1, 2014 from <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/diabetes-and-oral-health.html>

This document is provided by Cigna solely for informational purposes to promote customer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your dentist for appropriate examinations, treatment, testing and care recommendations.

"Cigna," the "Tree of Life" logo and "GO YOU" are registered service marks and "Cigna Dental" is a service mark of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company (CGLIC), Cigna Health and Life Insurance Company (CHLIC), and Cigna Dental Health, Inc. and its subsidiaries.

859164 a 04/14 © 2014 Cigna. Some content provided under license.