

#DM2002-30

"DIABETES"

EXPERTS REPORT THAT ADULT-ONSET DIABETES HAS SOARED BY MORE THAN A THIRD IN THE LAST TEN YEARS. THE MOST COMMON DENTAL PROBLEMS OF DIABETES ARE DRY MOUTH, TOOTH DECAY, PERIODONTAL DISEASE, AND TASTE IMPAIRMENT.

DRY MOUTH IS WHEN THE BODY DOESN'T PRODUCE ENOUGH SALIVA. A HEALTHY FLOW OF SALIVA IS NEEDED TO WASH AWAY FOOD PARTICLES AND CUT DOWN ON TOOTH DECAY. TO RELIEVE DRY MOUTH, CONSIDER USING SUGARLESS GUM OR MINTS AND TAKE FREQUENT SIPS OF WATER. CUT DOWN ON CAFFEINE, AND RESTRICT YOUR USE OF ALCOHOL.

DIABETICS MAY ALSO EXPERIENCE TASTE IMPAIRMENT. THE ABILITY TO TASTE SWEET FOODS IS DIMINISHED. THIS MAY INFLUENCE FOOD CHOICES WHERE PATIENTS EAT FOODS VERY HIGH IN SUGAR AND CARBOHYDRATE CONTENT. THIS MAY EFFECT DENTAL AND OVERALL HEALTH.

BE SURE TO PRACTICE GOOD ORAL HYGIENE BY BRUSHING TWICE A DAY, FLOSSING DAILY AND GETTING REGULAR DENTAL CHECK-UPS. ASK YOUR DENTIST IF YOU HAVE ANY QUESTIONS.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL