



## Samuel Ramos DDS, DMD Diabetes and Gum Disease

Diabetes is a strong risk factor for periodontal disease.

Your diabetes puts you at an especially high risk for developing periodontal disease. Evidence is mounting that allowing gum disease to persist makes it harder for you to control your blood sugar. Eliminating gum disease can improve your blood sugar control and reduce the likelihood for the serious complications of diabetes.

Thus, it is extremely important for you to partner with us over your lifespan. We need to continually monitor you for the earliest signs of gum disease and then take whatever steps are necessary to eliminate it. Gum disease can occur without you even knowing it. Often only a dentist or hygienist can tell if you have any areas of gum disease in your mouth.

Treating any areas of gum disease in its earliest stage can help you better control your blood sugar and thus reduce the likelihood of your developing the typical complications of diabetes.

We will recommend seeing you more frequently than twice a year. We know through solid research that it takes about 2-3 months for bacteria to reorganize and cause disease. Since it is easier for bacteria to lead to problems in your case we need to see you more frequently to make sure that we eliminate any small flare-ups before they turn into bigger problems.

Please ask your physician to always forward a copy of your A1c test results to us.

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