



Diabetes Newsletter

Rule of 2

- See your dentist at least twice a year. Be sure to tell your dentist that you have diabetes, especially if your blood glucose levels run higher than your targets.
- Brush twice a day. Use a toothpaste accepted by the American Dental Association. Pair brushing and flossing with a task you easily remember, such as taking medications.
- Brush for two minutes. Start with your upper right teeth; move to the upper left, then down to the lower left and, finally, the lower right brushing each for 30 seconds.



If You Have Diabetes, You may be at Risk for Dental Problems

Taking care of your teeth and gums can help your diabetes control. And all the things you do to take care of your diabetes, such as healthy eating, being physically active, and managing blood glucose, support your tooth and gum health. People with type 2 diabetes are 2-4 times more likely to have gum disease than those without diabetes.

Gum disease and tooth problems can cause blood glucose levels to rise. Elevated blood glucose makes your gums more susceptible to bacterial infections and increases your risk for developing gum disease which is also called periodontal disease, cavities, and tooth decay. Plus, it's more difficult for any mouth problems to heal. The good news is that if you do manage periodontal problems, you can lower your blood glucose.

Emerging research shows that people who have uncontrolled diabetes are more likely to have periodontal disease. The word "periodontal" means "around the tooth." Periodontal disease can affect one or more teeth and is usually painless. It starts when the bacteria in plaque (the sticky film that normally builds up on your teeth) stays on too long and cause your gums to be inflamed. Gingivitis, the early form, involves swollen, red gums that bleed easily. It's reversible with good dental care at home and professional treatment.

Inflammation is the underlying link between diabetes and gum disease. Inflammation is not always bad. In the short term, it helps your body heal when you have an infection or injury. But long-term inflammation can lead to gum disease, diabetes, and cardiovascular problems. In the mouth, bacteria and inflammation can travel to other places in the body. This is called systemic inflammation.

Periodontitis is the advanced form in which plaque spreads and grows below the gum line, causing infection. This leads to inflammation, which can then break down the tissues and bone that support the teeth and form pockets that become infected. This can lead to loss of teeth. If you have advanced

periodontal disease, you should also see a periodontist. You likely will need to have your teeth professionally cleaned four times a year.

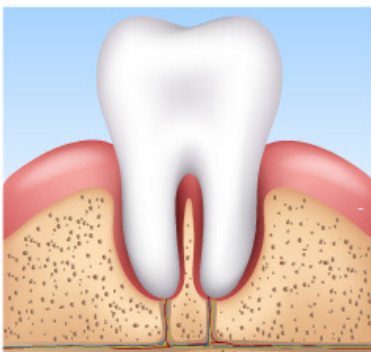
Anxiety about dental visits can affect your blood glucose levels. Not many people really like going to the dentist. But for some people, the thought of going to the dentist can bring on such a fear that they avoid getting the dental care they need. In fact, nearly half of adults skipped the dentist in 2009, according to the U.S. Centers for Disease Control and Prevention. Most people who have a fear of going to the dentist have had an unpleasant dental experience at some point in their life. It's important to understand that dental procedures have improved greatly in recent years. There are many new methods for treating dental issues such as cavities. There are drills with a button to stop when you want or even laser methods to remove the infected area. Many dentists are also making their offices less Clinical with softer color palettes and removing the typical smells often associated with dental visits.

Timing of your dental visit can affect blood glucose levels. Schedule your visits at times when you won't have to delay eating. If you take insulin or other medications that lower blood glucose, talk to your provider about adjusting doses or timing so you don't have too much insulin or medication in your system during the visit. Check your blood glucose before the exam and during, if necessary.

Stages Of Gum Disease

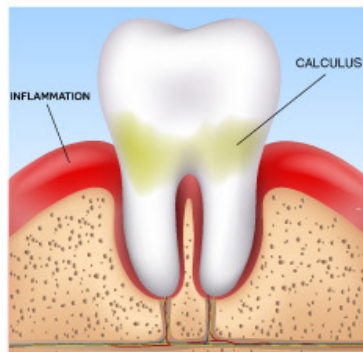
1

HEALTHY GUMS & TOOTH



2

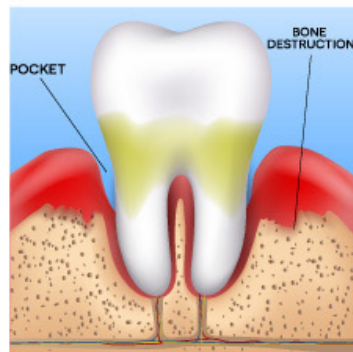
GINGIVITIS



Calculus builds up on teeth and gums are inflamed (red).

3

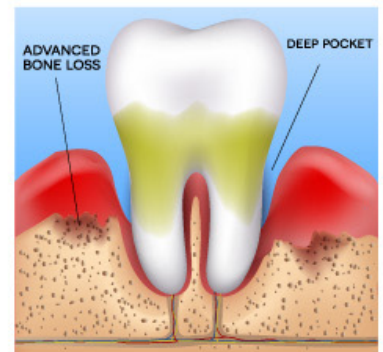
PERIODONTITIS



Inflammation causes gums to separate from tooth, forming pockets. Early to moderate bone loss.

4

ADVANCED PERIODONTITIS



Severe bone loss, deep pockets. Tooth is in danger of falling out.

Take special note of these diabetes-related tips:

- If you treat low blood sugars often, clean your mouth afterward. Brush or rinse after swallowing glucose products and food to remove traces from teeth and gums.
- Some medications and high blood glucose levels can cause your mouth to be dry. To prevent ask your health care provider or pharmacist if any of your medications causes dry mouth. Do not stop taking it, but ask if there is a similar medication that is less drying.
- Replace your brush every 3-4 months (or if frayed). Select a soft brush with bristles of varying heights.



Chicken Stuffed

WITH MOZZARELLA, TOMATO AND BASIL

walkingonsunshinerecipes.com

Nutrition Facts

Servings Per Recipe: 4
Serving Size: 1 serving
Amount Per Serving
Calories 177.7

Total Fat 4.2 g
Saturated Fat 1.5 g
Polyunsaturated Fat 0.6 g
Monounsaturated Fat 2.0 g
Cholesterol 67.5 mg
Sodium 303.8 mg
Total Carbohydrate 4.2 g
Protein 29.9 g

Ingredients

2 boneless skinless chicken breasts
8 to 10 slices mozzarella cheese
5 to 6 grape tomatoes; sliced in half
Fresh basil leaves
2 teaspoons Italian seasoning
Salt and Pepper
2 teaspoons olive oil

Instructions

Place the chicken breasts on a cutting board. Using a sharp knife, cut slits across the chicken breast about 3/4 of the way through being careful not to cut all the way through.

Depending on the size of your chicken breast, you're going to want around 6 to 8 slits per chicken breast.

Stuff each slit with a slice of mozzarella cheese, half a grape tomato and a basil leaf.

Place the chicken breasts in a baking dish that has been coated with non-stick baking spray.

Brush each chicken breast with olive oil.

Sprinkle each chicken breast with salt, pepper and Italian seasoning.

Bake in a preheated 400 degree oven for 30 minutes or until the internal temperature of the chicken reaches 160 degrees.

Recipe Notes

Note: The quantity for tomatoes, cheese and basil will depend on how many slits you make in the boneless chicken breasts.