

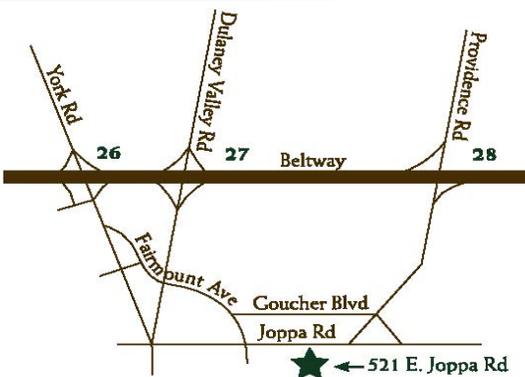
## The Towson Center for Dental Implants and Periodontics

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Your doctor recommends The Towson Center for Implants and Periodontics because they know your overall health will be improved by specialized dental care. The periodontists of TCDIP provide many different types of non-surgical and surgical procedures, including the most current implant techniques to meet the periodontal needs of our patients.

Our state-of-the-art LANAP® PerioLase Laser allows us to eliminate diseased gum tissue without sutures and jumpstart the healing process.

With prompt treatment, proper care and regular dental visits, the majority of patients can retain their teeth for a lifetime. Visit us online or call 410-321-9477 to schedule a consultation today.



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Brochure information compiled by TCDIP,  
sources: American Academy of Periodontology and The  
Diabetes Wellness Foundation

## Diabetes & Periodontal Disease

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### What You Need to Know Now

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*A Better Choice™,  
every step of the way*

If you or someone you know is diabetic, you know the importance of keeping the disease under control. Good oral health may help you control your diabetes.



## What is Periodontal Disease?

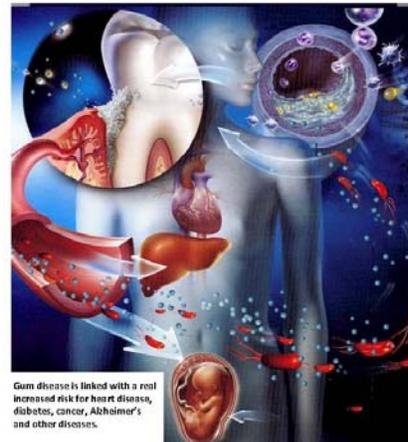
Periodontal disease is an inflammatory response to a bacterial infection that, if left untreated, may cause damage to the tissues and bone surrounding the teeth and may even lead to tooth loss. People with diabetes are three to four times more likely to develop periodontal disease, which, like any other infection, can impair the ability to process and/or utilize insulin.

Diabetics tend to have more severe levels of bone loss, and often experience more aggressive disease activity. This can ultimately lead to tooth loss, which can make chewing and digesting food difficult. Failure to maintain proper nutrition can lead to poorly maintained blood sugar levels.

## Why is my blood sugar affected?

Periodontal disease increases the body's systemic inflammatory signals that serve to increase blood sugar. This contributes to increased periods of time when the body functions with an unhealthy blood sugar level.

Diabetic patients may want to schedule dental appointments in the morning after they have eaten a normal breakfast to stabilize and prevent a severe or sudden drop in blood sugar levels. Upon determining a treatment plan, your periodontist and physician will work together to help you control both conditions. Many dental insurances even cover extra cleanings for diabetics because of this mouth-body connection.



Gum disease is linked with a real increased risk for heart disease, diabetes, cancer, Alzheimer's and other diseases.

**Partnering with us to keep oral inflammation to a minimum over your lifetime will reduce your risk for the more serious chronic diseases of aging.**



## Questions your periodontist may ask

Be sure to know the answers to the following questions that your periodontist may ask at your next visit:

- When were you diagnosed with diabetes?
- What type of diabetes do you have?
- Do you take any medications?
- If not, how is your diabetes being managed?
- Are you insulin-dependent?
- What is your baseline sugar level?
- What method do you use to measure your blood sugar level?
- What is the name, address and phone number of your diabetes care provider?