

## Diabetes and Oral Health

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### Diabetes and Oral Health – National Institute for Health

This site is geared towards patients with diabetes. There are several links that discuss diabetes concerns, tips and dental care. Two of these links are available in Spanish.

<http://www.nidcr.nih.gov/OralHealth/Topics/Diabetes/>

### Diabetes and Oral Health Problems – American Diabetics Association

This site is geared towards patient with diabetes and is presented in layman terms. It explains the connection between diabetes and oral health. There are several links on the site that enter into other areas of oral health such as flossing and warning signs. The entire page is also accessible in Spanish and

audio. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/diabetes-and-oral-health.html>

### Diabetes and Your Smile – American Dental Association

This site is geared towards patients with diabetes and available only in English. It explains what diabetes does to the body and how it can affect oral health as well as ways to care for your mouth.

<http://www.mouthhealthy.org/en/az-topics/d/diabetes>

### People with Diabetes at Higher Risk for Developing Gum Disease – Academy of General Dentistry

This article gives an over view the relation between diabetes and gum disease. Available only in English and provides 4 other links about gum health and diabetes.

<http://www.knowyourteeth.com/infobites/abc/article/?abc=p&iid=324&aid=8530>

### Oral health for people with diabetes – International Diabetes Federation

An evidenced base article geared toward physicians and dentists on oral health and disease. Available only in English.

[https://www.idf.org/webdata/docs/OralHealth\\_EN\\_RTP.pdf](https://www.idf.org/webdata/docs/OralHealth_EN_RTP.pdf)

### Preventive tips for patients

- 1) **NIDCR** – Quick self-care tips for diabetics to maintain good oral health. Also available in Spanish. <http://www.nidcr.nih.gov/oralhealth/Topics/Diabetes/DiabetesDentalTips.htm>
- 2) **American diabetics association** - Brushing and flossing tips- Brief article on the importance of brushing and flossing and its connection to overall oral health. Page available in Spanish and audio. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/brush-and-floss.html>
- 3) **National diabetes educational program by NIH** – A breakdown of what diabetes is, how to live with and manage it. Explores exercise, healthy eating, oral health and managing blood sugar levels. This specific article is only available in English. However there is a link that offers additional resources in several other languages, including Vietnamese, Japanese, and Spanish. <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=4>

## Signs of the disease for patient

1. **American diabetics association** – Quick warning signs of bad oral health for diabetic patients. Available in Spanish and audio. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/warning-signs.html>
2. **Mayo clinic**- Site explains gum disease and how to maintain good oral health. Available only in English. Geared towards patients with diabetes. <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/art-20043848?pg=1t>.
3. **From Colgate**- Explains what diabetes is and its connection to gum disease. Includes information the warning signs of gum disease and how to treat/prevention its occurrence. Geared towards patients with diabetes and available only in English. <http://www.colgateprofessional.co.in/patienteducation/Diabetes-and-Oral-Health/article>

## Insurance for patients

1. **American diabetic association** - Simplified overview of government and private health insurance plans. Gives a simplified overview of what health insurance is and what it covers. Available in audio and Spanish. Directed towards patients with diabetes and those without health insurance. <http://www.diabetes.org/living-with-diabetes/health-insurance/options-for-individuals-and-families.html>

## Podcast- Audio

1. CDC podcast for the diabetics- Audio podcast that gives an overview of oral health and its connection to diabetes. Useful for both patients and healthcare providers. <http://www2c.cdc.gov/podcasts/player.asp?f=9406>

## Additional patient education on diabetics

1. **Diabetics and heart disease** – Quick overview on diabetes and overall health. Emphasis on heart health, healthy eating and managing stress. Available in 15 Asian languages via ordering from the website. <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=127>
2. **NIH** - This article is geared toward peoples of African, Mediterranean and South East Asian ancestry. It gives an overview of the link between ethnicity and diabetes. It stresses the point of having the A1C test done if you belong to either of the ethnic groups. Available only in English. <http://www.niddk.nih.gov/health-information/health-topics/diagnostic-tests/people-african-mediterranean-southeast-asian-heritage-important-information-diabetes-blood-tests/Pages/index.aspx#test>
3. **NIH** – This article address the A1C tests and false readings for populations with hemoglobin variants. The target population for this article is providers. It is available only in English. <http://www.niddk.nih.gov/health-information/health-topics/diagnostic-tests/sickle-cell-trait-other-hemoglobinopathies-diabetes/Pages/index.aspx>
4. **United Concordia insurance** - 3 minute video geared towards patients. Available only in English. Explains the connection between diabetes and oral health. [https://www.youtube.com/watch?v=YAE\\_59PtmL4](https://www.youtube.com/watch?v=YAE_59PtmL4)

## Patient education Flyers

- 1) **Delta dental** – Website geared towards patients. Available only in English. There are multiple links about general oral health. One specific on diabetes and oral health. <http://www.deltadentalmi.com/Wellness/Download-Materials/Oral-Health-Flyers.aspx>
- 2) **NIH booklet for patients** - Pamphlet geared towards patients and available only in English. Gives breakdown of what diabetes does to one's oral health. Gives tips on how to maintain good oral health. [http://www.niddk.nih.gov/health-information/health-topics/Diabetes/prevent-diabetes-problems/Documents/PDP\\_Mouth\\_Healthy\\_508.pdf](http://www.niddk.nih.gov/health-information/health-topics/Diabetes/prevent-diabetes-problems/Documents/PDP_Mouth_Healthy_508.pdf)
- 3) **Ontario dental association** – Site is geared towards patients and available only in English. Site gives an explanation of diabetes and its symptoms and its ultimate connection to oral health and gum disease. <http://youroralhealth.ca/oral-health-a-your-body/diabetes-awareness>