



Two-way Relationship Between Periodontal Diseases and Diabetes: True or False?

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There are many types of research showing diabetes and Oral health is related, still, the evidence is lacking, which needs to be generated for better understanding. People who have diabetes know the disease can harm the eyes, nerves, kidneys, heart and other important systems in the body. Few People know that diabetes can also cause problems in our mouth too [1]. The risk of periodontal diseases increases the risk of Diabetes, which have been identified with the Cellular mechanism in many textbook and works of literature. As like any inflammatory diseases, periodontal diseases may also increase the resistance to insulin, which in a way further aggravates glycemic control. In many systematic reviews, there were high and low evidence studies suggesting the relationship between diabetes and Periodontal diseases [2].

Periodontal disease is generally involving periodontal tissues destruction and resulting in loss of attachment with connective tissue, loss of alveolar bone and leading to pathological pockets around the teeth [3]. Comparing to non-diabetics, it is more likely to develop periodontal diseases with tooth loss for diabetics [4]. Serious periodontal infections like all other infections may cause a rise in blood sugar level and which in turn leads difficulty to control diabetes. Thrush, soreness, ulcers, infections, and cavities are other oral problems that may be associated with diabetes. Even though, there is a well-established mechanism behind the relationship between diabetes and Periodontal diseases, the review of literature lacks evidence for strong correlation studies and lacks evidence [5].

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