



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

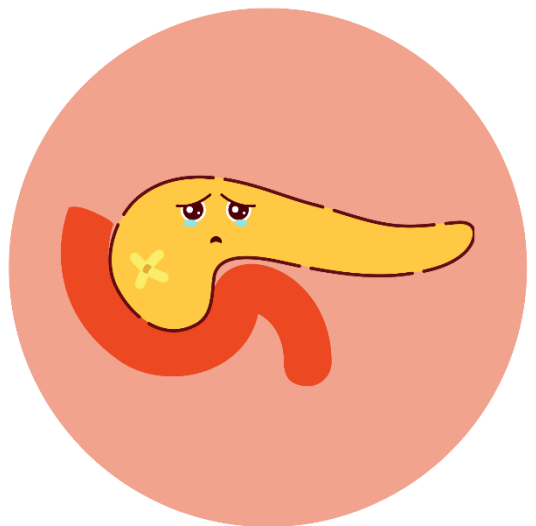
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Diabetes and Oral Health



What is diabetes?

It is the inability of the pancreas to produce insulin, either completely or partially, or when there is resistance to the regular actions of insulin. Diabetes is diagnosed by laboratory tests when they show **126 mg/dL** during fasting or greater than **200 mg/dL** following meals.



What are the types of diabetes?

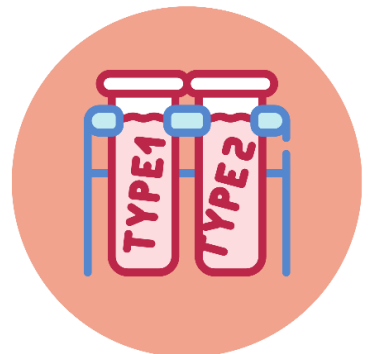
- Type 1 diabetes:

It is caused by the pancreas' inability to produce enough insulin, this early-life diabetes is insulin-dependent and is controlled by insulin injections.

- Type 2 diabetes:

It is caused by the body's resistance to insulin, this non-insulin-based diabetes primarily affects the elderly who are overweight.

- Initial treatment: diet or use of some pills.
- Final treatment: insulin injections.



What are the symptoms of diabetes?



Extreme thirst



Frequent urination



Extreme hunger



Weight loss

What are the symptoms of diabetes?



Blurred vision



Nausea and vomiting



Fatigue & weakness



Changes in mood

What are the causes of diabetes?

The onset of diabetes is accelerated by a number of circumstances; however, its exact cause is unknown.

These causes include:

- Genetics, especially **type 2** diabetes
- weight gain and lack of physical activities.
- unhealthy diet habits.
- Psychological stress.
- Some medications that affect the pancreas.



Who is most likely at risk of diabetes?

- Those with diabetic relatives
- Weight gain above normal
- Elderly and those over 40 years of age
- Women with gestational diabetes



How can diabetes be diagnosed?

- Clinical symptoms: frequent urination, thirst, weakness, weight loss, increased appetite, fatigue, non-healing wounds and recurrent infections.
- Laboratory Examination.
- Diabetes detection through urine tests.
- Fasting Blood Sugar Test.
- Hemoglobin Examination Hemoglobin A1C.



How does diabetes affect teeth?

Whether the patient has type I or type II diabetes, diabetes causes tooth injury with several problems, especially in case of irregular blood sugar where it leads to:

- Tooth decay
- Gingivitis
- Thrush (fungal oral disease)
- Dry Mouth
- Difficulty healing the wound after teeth extraction.



Resources and references:

All pictures used from Canva.com

Review and Audit:

The content of this booklet has been written and reviewed by the College of Dentistry at Imam Abdulrahman bin Faisal University.

Dentistry College

Health Awareness Unit

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