



# Oral Health Pathway

## Risk Factors for People with Diabetes

### Symptoms of Periodontal Disease

- ❖ Loose teeth
- ❖ Red, swollen gums or pain in mouth
- ❖ Pus or sores in mouth or on gums
- ❖ Bleeding gums when flossing, brushing or eating hard foods
- ❖ Persistent bad breath
- ❖ Change in the way teeth fit together
- ❖ Change in fit of dentures
- ❖ Gums pulling away, causing teeth to look longer

<b>Low Risk</b>	No oral symptoms reported, dental exam/cleaning within the last year, glycemic level controlled.
<b>Moderate Risk</b>	One oral symptom reported, last dental exam/cleaning over a year ago, glycemic level unstable, presence of compounding risk factors (poor oral hygiene, dry mouth, smoking, stress, hormonal variations).
<b>High Risk</b>	More than one oral symptom reported, last dental exam/cleaning over 2 years ago, poor glycemic control, presence of other systemic complications, presence of compounding risk factors (poor oral hygiene, dry mouth, smoking, stress, hormonal variations).

### Person with Diabetes

#### Low Risk

- ❖ Customary oral health advice (oral health brochure)
- ❖ Recommend bi-annual/annual dental exam
- ❖ Give dental services information

#### Moderate Risk

- ❖ Discuss oral health complications associated with diabetes
- ❖ Recommend dental exam within the next 3 to 6 months
- ❖ Give dental services information

#### High Risk

- ❖ Discuss oral health complications associated with diabetes
- ❖ Recommend dental exam within the next 4 weeks
- ❖ Give dental services information

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