



## Diabetes and Oral Health

How effective treatment of periodontal disease can help reduce your health care costs

### Sources

- <sup>1</sup> W.E.C. Moore, L.V.H. Moore. "The bacteria of periodontal diseases." *J Periodontol* (1992), 63:322-331
- <sup>2</sup> J.B. Halter. "Diabetes mellitus." In *Principles of Geriatric Medicine and Gerontology 4th edition*, edited by: W.R. Hazzard (New York: McGraw Hill; 1999), 991-1011
- <sup>3</sup> K. Bassingame. "Ouchless Prevention." *Employee Benefit News*. (May 2002)
- <sup>4</sup> U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Institute of Dental and Craniofacial Research. "National call to action to promote oral health." NIH Publication No. 03-5303 (Spring 2003)
- <sup>5</sup> American Diabetes Association. "Direct and Indirect Costs of Diabetes in the United States." [www.diabetes.org/diabetes-statistics/cost-of-diabetes-in-us.jsp](http://www.diabetes.org/diabetes-statistics/cost-of-diabetes-in-us.jsp)

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Periodontal treatment can lower your risk from complications of diabetes, and it can also reduce the cost of your medical care. Diabetes has been estimated to cost \$91.5 billion annually in medical care and lost productivity.<sup>1</sup> The prevalence of diabetes has increased 30 percent to 40 percent during the past two decades<sup>2</sup> and the percentage will continue to rise as the population grows older and obesity becomes an increasing problem.

### Prevention is priceless

Dental care can be expensive, but the sooner periodontal disease is detected and treated, the less expensive treatment will be.<sup>3</sup> Many of those costs can be avoided if you simply stay on top of your routine dental care. Keeping up with your routine dental care will aid in the management and treatment of periodontal disease (which can help to reduce your insulin needs, improve your glycemic control and your overall metabolic balance), but can also reduce your total health care costs in the long run.

### The success of your overall health is linked to good oral health

Your mouth is connected to your body, which means periodontal disease can affect your well-being and diabetes can affect your oral health. It is especially important for you, having been diagnosed with diabetes, to seek preventive oral health care and to follow your dentist's recommendations. If you treat your periodontal disease you may be at lower risk for diabetic problems.

There is a two-way link between periodontal disease and diabetes. Diabetes is associated with an increased likelihood and severity of gingivitis and periodontitis. And periodontal disease can increase the complications from diabetes. Maintaining good periodontal health can help give you a bright, healthy smile and may reduce the risk of diabetic complications.

### See the savings stack up

Visiting your dentist on a regular basis to treat periodontal disease can lead to a healthy outcome for you – and your wallet. Numerous industry studies have been conducted and the findings suggest that regular dental care may lower medical costs over time – especially for those members with diabetes. These studies show that the detection of diabetes in its earliest stages by a dentist can help control your health care costs and provide future medical savings.

Get informed about your medical and dental health, prevention and medical costs now! Your future depends on it!

**Statistic:** More than 164 million hours of work are lost each year due to dental-related illnesses or dental visits.<sup>4</sup>



**Statistic:** One out of every five health care dollars is spent caring for someone with diagnosed diabetes, while one in ten health care dollars is attributed to diabetes.<sup>5</sup>