

Are you reminding your diabetic and asthmatic patients about dental care?

When seeing these patients, you can open up the discussion by asking:

“Have you seen your dentist this year?”

If your patient is diabetic:	If your patient is asthmatic:
<p>Almost 29 million Americans have diabetes, and these rates are increasing. One in five cases of total tooth loss is linked to diabetes. Diabetics need to be particularly diligent about receiving routine dental examinations and preventive care.</p> <p>Diabetes-related oral health conditions can include:</p> <ul style="list-style-type: none">• Gum disease.• Xerostomia.• Tooth loss.• Caries (cavities) and abscesses.• Oral candidiasis (thrush).• Oral lichen planus.• Burning mouth syndrome.	<p>According to the American Lung Association, approximately 25 million Americans have asthma. Asthmatic patients can have an increased incidence of certain oral health issues such as:</p> <ul style="list-style-type: none">• Decay.• Reduced salivary flow.• Gingivitis and periodontal disease.• Oral candidiasis. <p>Oral health care providers can help your patient with both their overall health and by recognizing the impact that asthma has on a patient’s dental health.</p>

Remind your patients that cavities and gum disease are caused by bacteria in the mouth and are preventable with good hygiene, a reduced-sugar diet, and regular dental care. Preventing cavities and gum disease with regular and early visits saves money by eliminating the need for expensive dental treatments later on.

Educate patients on the following important steps to take:

- Brush and floss twice a day for two minutes (“2 x 2”) with fluoride toothpaste.
- Limit sugary drinks (juice, soda, sports drinks) and sticky, sugary snacks.
- Schedule dental checkups every six months (or more frequently if recommended by a dentist).

If you find that your patients need additional support with their diabetes and asthma, we encourage you to reach out to Care Management at **1-800-573-4100**.



Keystone First

www.keystonefirstpa.com

Keystone First has created the Oral Care ConnectSM value-based program for participating primary care practitioners (PCPs). The goal of the program is to facilitate more dental care for members with diabetes and asthma to further improve health and overall well-being for them.

Coverage by Vista Health Plan, an independent licensee of the Blue Cross and Blue Shield Association.

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