

NOVEMBER

# The impact of blood sugar

## Diabetes and oral health: What you should know



High blood sugar affects oral health. Oral health affects blood sugar.

### Gum disease\*

If your diabetes isn't under control, you're more prone to gum disease. Gingivitis is an early stage and periodontitis is more serious, but both are infected gums that cause pain, stubborn bad breath, difficulty chewing and tooth loss.

And it's all connected: diabetes can slow down healing in your gums, and gum disease can make your blood sugar harder to control.\*\*

### Thrush\*

Diabetes can increase the level of sugar (glucose) in your saliva, which can lead to thrush, a fungal infection that causes painful white patches in your mouth.

### Dry mouth\*

Saliva is the fluid that keeps your mouth wet, and when you don't have enough of it or it has high glucose levels, you can get dry mouth, which causes soreness, ulcers, infections and tooth decay.

### Break the cycle with good oral health

Taking good care of your teeth and gums today can mean fewer complications from diabetes tomorrow.\*\* Let your dentist know if you're successfully managing your diabetes. And be sure to schedule a periodontal evaluation.

\*Mouth Healthy. "Diabetes and Your Smile." Accessed October 2019. <https://www.mouthhealthy.org/en/az-topics/d/diabetes>. \*\*Everyday Health. "Why Dental Problems Make It Hard to Control Blood Glucose." Accessed September 2019. <https://www.everydayhealth.com/type-2-diabetes/symptoms/why-dental-problems-make-it-hard-to-control-blood-glucose/>. \*\*\*You do not have to meet your DPPO or indemnity deductible to receive reimbursement for these services. However, reimbursement will apply to and is subject to your annual benefits maximum for traditional indemnity and DPPO plans as well as plan rules for visits to network dentists and out-of-network dentists.

### Cigna Dental Oral Health Integration Program®

Keep your diabetes in check by staying on top of your oral health and enroll in the Cigna Dental Oral Health Integration Program (OHIP). We care about your whole-person health. To keep your gums healthy and your blood sugar in check, we offer full reimbursement\*\*\* on up to four periodontal scaling, maintenance and root planing treatments per year.

If you aren't enrolled yet, you can fill out the enrollment form at [myCigna.com](https://mycigna.com), download the form at [Cigna.com](https://cigna.com) or get the form sent to you by calling the number on the back of your ID card.



#### See your risk for gum disease

Go to [myCigna.com](https://mycigna.com) or the [myCigna App](https://mycigna.com) and take our gum disease (periodontitis) quiz. Then share the results with your dentist.

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

The Cigna Dental Oral Health Integration Program may not be available under your specific plan. Reimbursement under OHIP is subject to plan terms and conditions, including applicable annual benefit maximums and other exclusions and limitations. For costs and details of coverage, contact your Cigna representative or see your plan documents.

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