

Relationship between Periodontal Disease and Diabetes Mellitus

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Resumo

Diabetes Mellitus (DM) is a chronic disease that is associated with several systemic complications, such as nephropathy, retinopathy and wound healing problems. Furthermore, diabetes negatively influences an individual's oral health due to poor blood circulation in this region, which makes it difficult for defense cells to access the site of inflammation. This analysis is based on a bibliographic review of 10 articles, selected from SciELO and Google Scholar, focusing on periodontal diseases, diabetes mellitus and oral health, which demonstrated a direct relationship between periodontal disease and DM. In 1999, the classification of periodontal disease already considered diabetes as an important modifying factor in the evolution and manifestation of periodontitis. Studies indicate that in diabetic patients, periodontitis is not just an isolated manifestation, but rather an indication of progression of the systemic disease. Vascular changes that compromise gingival tissue, neutrophil dysfunction and disturbances in collagen synthesis are the diabetes mechanisms that trigger periodontitis. Furthermore, diabetics with a genetic predisposition are more vulnerable to periodontitis. The hyperinflammatory response of diabetes makes the oral environment more prone to infections. Therefore, the relationship between DM and periodontal disease is clear, highlighting the need for a more comprehensive approach to treatment, considering the global impact of DM on health.

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