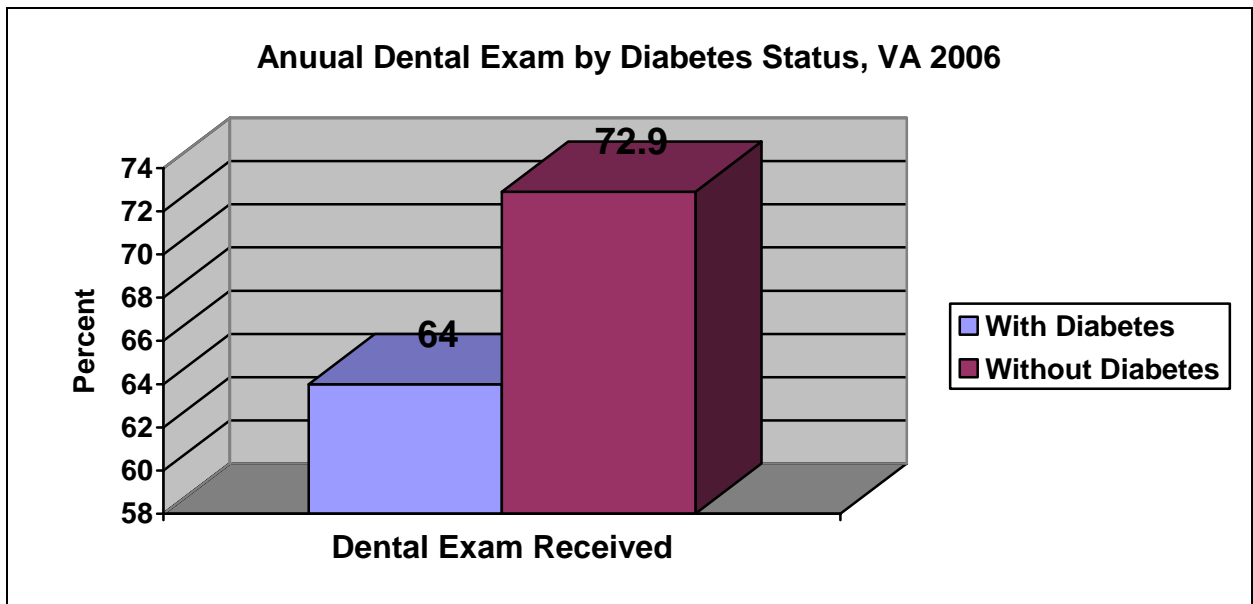


## Dental Exam

Periodontal (gum/mouth) disease is associated with heart disease and stroke. As diabetes affects the peripheral vascular system, persons with diabetes are more susceptible to periodontal disease and tooth decay. Periodontal disease may also make it hard to control your blood glucose. It is very important that persons with diabetes receive at least an annual dental exam.

- In 2006, 71.6 percent of all adult Virginians visited a dentist or dental clinic within the past year.
- In 2006, 64.0 percent of adults with diabetes visited a dentist or dental clinic within the past year as compared to 72.9 percent of adults without diabetes.



### Healthy People 2010 Objective:

(5-15) Increase the proportion of persons with diabetes who have at least an annual dental examination to 75 percent.

### American Diabetes Association Recommendation:

Recommended biannual dental exam.

Source: VA BRFSS, 2006

Data Note: Percents are weighted towards annual population estimates.