United Concordia - Newsroom

CAMP HILL, Pa. (Nov. 15, 2022) — Regular dental and vision exams can tell you more about your overall health than you think — especially when it comes to diabetes. In recognition of American Diabetes Month, United Concordia Dental encourages scheduling your dental or vision checkups this November.

According to the U.S. Centers for Disease Control and Prevention, of the more than 37 million people in the United States who have diabetes, more than 8.5 million adults — or 28% — are undiagnosed.

“Early diabetes detection is the key to preventing serious complications to one’s overall health later on. And a dentist or optometrist can often be the first to detect it,” said Roosevelt Allen, DDS, MAGD, ABGD, chief dental officer, United Concordia Dental. “Oral examinations can reveal signs and symptoms of more than 90% of systemic diseases.”

Early indicators of diabetes for the mouth include tooth decay and tooth loss, dry mouth, swollen gums, mouth and gum infections and delayed healing. For eye health, symptoms can include blurry vision, floaters and faded color appearance.

Diabetes decreases the body’s immune system, making those affected more prone to bacterial infections like gum disease and delayed healing. “Persons with diabetes benefit from seeing the
dentist more frequently,” said Allen. “That’s why getting the care you need — as you need it — is so important.”

To get a better understanding of your diabetes risk,take this assessment from the American Diabetes Association.

For more information on how your oral health impacts your overall health, visit the Oral Health Resources section at UnitedConcordia.com.

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