

HARRISBURG, Pennsylvania (March 28, 2017) — Research shows that diabetes and gum disease can work together to impact a person's overall wellness. United Concordia Dental encourages adults and youth on American Diabetes Association Alert Day to take this free and anonymous [Type 2 Diabetes Risk Test](#).

"At United Concordia Dental, we understand the important connection between the mouth and the body, which is why we are promoting the availability of this test from the American Diabetes Association," said Quinn Dufurrena, D.D.S., J.D., chief dental officer at United Concordia. "An ounce of prevention is worth a pound of cure. We want to spread awareness on how to assess risk for chronic illnesses, such as type 2 diabetes, and how preventive dental care goes a long way to helping promote better overall health. A simple 60-second test will help you understand your risk factors for diabetes so you can take steps toward prevention."

The American Diabetes Association Type 2 Diabetes Risk Test asks participants about their family history, physical fitness and BMI range. Preventive approaches to health, like taking this test or visiting your dentist twice a year for exams and cleanings, are important to reduce the likelihood of developing complex and costly medical issues down the road.

"People with diabetes have an elevated risk for the growth of oral bacteria that causes gum disease due to their high blood glucose," said Dr. Dufurrena. "Likewise, gum disease can impact the body's ability to regulate blood glucose levels, making diabetes difficult to control."

Those living with diabetes are encouraged to care for their mouths diligently with proper brushing, flossing and rinsing, and regular visits to the dentist. They should also avoid foods and beverages with added sugars, which are poor for both oral health and controlling diabetes.

To learn more, view our Dental Health Center's special section on [Diabetes and Oral Health](#) on [UnitedConcordia.com](#), or visit the American Diabetes Association's resources on [Oral Health and Hygiene](#).

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