

Tobacco Smoking and Dental Diseases with Diabetes Complications

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Abstract

Tobacco both smoking and smokeless and diabetes form a dangerous combination that significantly worsens oral health and develop systemic complications. And together create a dangerous synergistic effect, significantly increasing the risk and severity of Gingivitis and periodontitis, tooth loss, and slow wound healing. Tobacco impairs blood flow to gingival tissues and exacerbates high blood sugar and inflammation, and 20 times more likely to experience severe oral infections than non smokers.

They also impair the immune system and delay wound healing. Tobacco causes destruction of oral tissues and is often multiplied, leading to more severe outcomes than non smokers.

Smoking makes diabetes-related gum disease worse, increasing the odds ratio for periodontitis by 4.8 times when both are present, compared to non smokers.

Tobacco reduces blood flow to the gums, impairing the body's ability to heal oral infections. Combined with high glucose levels drastically increases the risk of oral fungal infections. Increases the risk of tooth decay and tooth loss because of reduced saliva flow. So, Preventive Measures for Diabetics is very important like

1. Quit Smoking: Smoking cessation reducing the risk of complications.
2. Control: Blood sugar management is the key to reducing the severity of Oral diseases
3. Oral Care: Brush twice a day with mouth washes and floss daily.
4. Yearly Dental Visits: Routine check-ups are essential for early detection of gum disease and managing oral infections like thrush.