

Prevalence of Oral Candidiasis in Diabetic Patients

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Abstract

Background and Objective: Oral candidiasis is a common opportunistic infection in diabetic patients. *Candida albicans* is colonized on different oral surfaces such as tongue, palate, dental caries and plaques. This study aimed to determine the prevalence of *Candida albicans* in the mouth of diabetic patient.

Material and Methods: This cross - sectional study was conducted on 120 diabetic patients. After completing the questionnaire, the saliva samples were obtained and cultured on sabouraud agar medium containing 0.005% chloramphenicol. For final diagnosis, Germ tube test and Sugar absorption test (with API 120 kit) were used.

Results: Of 120 patients, 61 (50.8%) were positive for *Candida*. *Candida* infection rate was relatively higher in older patients and in women. The rate was significant in the patients using dentures ($P < 0.001$) and the ones keeping on smoking ($P < 0.038$). The infection in the patients with type II diabetes was higher than the cases with Type I.

Conclusion: Given the high prevalence of Candidiasis and *Candida* colonization in the mouth of diabetic patients, it is a necessity to identify and treat these infections in order to prevent further complications.

Keywords: Candidiasis, Diabetes Mellitus, Fungal Infections