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Volume 68 | December 17, 2025



CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

Cardi-OH Update

Happy
Holidays



The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

February 2026 Statewide Webinar: Reserve Your Spot!

*From Prescription to Practice: Tackling
Adherence Challenges in Clinical Care*

Wednesday, February 25, 2026
12-1 p.m. ET

KEYNOTE SPEAKER

M. Robin DiMatteo, PhD
University of California, Riverside

OBJECTIVES

- Identify key components of successful treatment adherence
- Understand barriers to treatment adherence
- Employ practice and communication changes to improve overall treatment adherence in patient panels

1.0 CME credit offered at no cost.



Cardi-OH
WEBINAR



M. Robin DiMatteo, PhD

[View flyer](#)

Tune in to Cardi-OH Radio

[Podcast 63 - Rethinking Prescription Labels: A Patient-Centered Approach](#)

Listen to Karen Komondor, RN, from the U.S. Health Literacy Association, and Sarah Aldrich Renner, PharmD, BCACP from the University of Toledo.

Moderated by Colin Crowe, MD, Case Western Reserve University

[Cardi-OH Radio](#) podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

Want to be the first to know when a podcast is released? [Subscribe to our channel.](#)



**Cardi-OH
RADIO**



Karen Komondor, RN



Sarah Aldrich Renner,
PharmD, BCACP

Pearls for Clinical Practice

[Capsule 62 - The Role of Oral Health in Chronic Disease Management](#)

Did You Know?

Periodontal disease affects 40% of adults in the United States.

[Capsules](#) provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

Cardi-OH CAPSULE

Section 620: Periodontal Disease Management

Oral health is closely linked to cardiometabolic diseases, such as diabetes, obesity, and cardiovascular disease. Periodontal disease, which affects 40% of adults in the United States, is more than just a dental concern; it is a low-grade chronic inflammatory condition that can worsen or be worsened by systemic illnesses.¹ This "two-hit model" suggests a synergistic relationship in which disease in one area amplifies risk in another.^{2,3} For example, diabetes can impair healing and immune response, increasing the risk of periodontal disease. The resulting inflammation from periodontal disease may worsen blood glucose control or cardiovascular function. In addition, medications used to treat cardiovascular, neurologic, or psychiatric conditions often lead to dry mouth, increasing the risk of decay and infection.

Strategies to Support Oral Health

Improving oral health is an important component of managing chronic disease. Collaboration between medical and dental providers is critical to integrating oral health into preventive care strategies. Providers should assess risks to oral health, including diet, medication side effects, and signs of systemic illness in the mouth.

At the patient level, key prevention strategies include brushing twice daily, flossing or using interdental brushes, and maintaining regular dental visits. Tongue scrapers and dry mouth interventions can further support oral hygiene.⁴ Lifestyle factors, such as smoking, poor nutrition, and intake of sugar-sweetened beverages, candy, or starchy foods, also strongly impact oral and systemic health.

For more information, access Cardi-OH's expanded resource on [oral health](#).

Figure 1. Tips for Maintaining Good Oral Health

 Schedule regular dental visits	 Brush twice daily	 Floss daily
 Don't smoke	 Decrease sugar intake	

News You Can Use

[Current 57 - 2025 ACC/AHA Guideline for High Blood Pressure in Adults](#)

[Currents](#) provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.

Cardi-OH CURRENT

December 2025 Webinar: Watch the Recording!

Think Well, Live Well: Brain Health Through a Holistic Lens

An interdisciplinary group of more than 154 professionals from across the state joined us for the December 3, 2025, webinar featuring:

KEYNOTE SPEAKER

Robert B. Saper, MD, MPH
Cleveland Clinic, Case Western Reserve University

View the webinar recording and slides on [Cardi-OH.org](https://www.Cardi-OH.org).



Cardi-OH WEBINAR



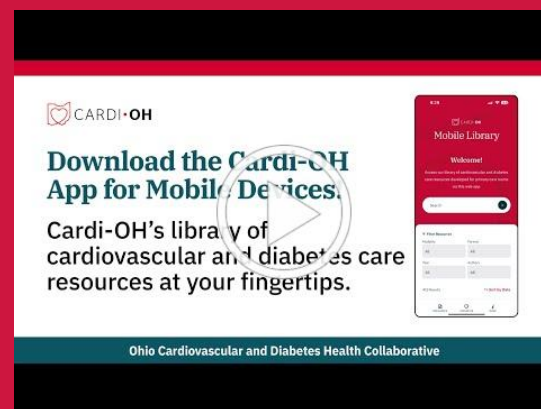
Robert B. Saper, MD, MPH

[View recording](#)

Using the Cardi-OH Web App is Simple!

- Access Cardi-OH's library of cardiovascular and diabetes care resources.
- Bookmark your favorites.
- Share best practices with colleagues.

[Download Web App →](#)



Learn More

Visit [Cardi-OH.org](https://www.Cardi-OH.org) to read more about the collaborative and our latest best practices.



*Sharing best practices to improve
cardiovascular and diabetes health*

In partnership with



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