

Diabetes and Your Oral Health



Prevent Problems with Daily Oral Care

If you keep your teeth clean, you are less likely to get tooth decay, gum disease, and other oral infections. Brush twice a day with fluoride toothpaste for at least two minutes each time. This will remove the sticky film of bacteria on teeth that can lead to gum disease. Also clean once a day between your teeth with floss or another between-the-teeth cleaner.

Choose toothpaste, a toothbrush and other oral care products that show the American Dental Association's Seal of Acceptance. This means that the product has met ADA standards for safety and effectiveness.

BRUSH
TWO MINUTES
TWICE A DAY

FLOSS
EVERY DAY



LOOK FOR DENTAL PRODUCTS
THAT DISPLAY THE ADA SEAL
OF ACCEPTANCE

Your dentist may suggest using a special mouthrinse and/or toothpaste to control gum inflammation. He or she also may recommend rinsing with a fluoride mouthrinse or applying fluoride at home and/or in the dental office to help prevent tooth decay.



Did You Know...

Diabetes can affect your teeth, gums and the overall health of your mouth?

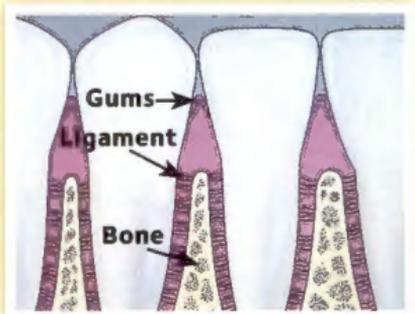
This brochure will review the oral health problems that are related to diabetes and the steps you can take to reduce your risks and stay on top of your overall health.

Gum Disease

Gum disease (also called periodontal disease) is when the tissues that hold your teeth in place become irritated and inflamed. If the disease is severe, it can destroy tissue and bone. This can lead to tooth loss. Young adults with diabetes are about twice as likely to get gum disease. In older adults with diabetes, gum disease is often more frequent and more severe, especially if they smoke.

People with diabetes who have poor blood sugar control are more likely to lose teeth than those who have good control. **Research also suggests that treating gum disease may help improve blood sugar control and overall health.** Eating a well-balanced diet, practicing good oral care at home, and seeing your dentist regularly for checkups can help you to keep your blood sugar in the healthy range.

HEALTHY GUMS



When gums are healthy, teeth are supported by the ligament and bone.

GUM DISEASE



Gum disease can lead to the loss of the bone that supports teeth. If the disease is not treated, it can result in tooth loss.

Dental Treatment

Getting regular dental exams, professional teeth cleanings, and gum disease screenings is important. They can help your dentist detect and treat dental problems early.

Before dental treatment, be sure to let your dentist know:

- that you have diabetes
- about your blood sugar level
- any recent problems with infections
- any changes in your medical history
- the names of all prescription and over-the-counter drugs you are taking and any changes in the medications you use.

Eat before you go to the dentist so that your blood sugar level is in a normal range and your diabetes medicine is already in your system. If you take insulin, try to schedule a morning visit after you have eaten breakfast.

If you need some type of dental surgery, it may affect what you can eat. Your dentist should talk to your doctor about the best way for you to control your diabetes in this case.

If you notice signs and symptoms of the oral health problems mentioned in this pamphlet, contact the dental office immediately. Practice good oral care at home, follow your doctor's instructions for foods and medicines, and schedule regular dental checkups for a healthy smile.

ADA Healthy Smile Tips

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth once a day.
- Eat a balanced diet and limit snacks.
- Visit your dentist regularly.

For more information about taking care of your mouth and teeth, visit MouthHealthy.org, the ADA's website just for patients.



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call 800.947.4746
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People with gum disease may not see any symptoms. However, if you notice any of the following, see your dentist immediately:

- gums that bleed easily
- gums that have pulled away from the teeth
- pus between the teeth and gums when the gums are pressed
- constant bad breath or bad taste
- permanent teeth that are loose or separating
- a change in the way your teeth fit together when you bite
- a change in the fit of partial dentures

Thrush

Thrush is a fungal infection that happens more often in people with diabetes. Possible signs and symptoms include:

- White or red patches in your mouth that may be sore and may turn into open sores
- It may affect your tongue and cause a painful, burning sensation, which can dull your sense of taste and make it difficult to swallow

THRUSH



Regular oral health habits can help you avoid problems with thrush. If needed, your dentist can prescribe medicine to treat it.

Slower Healing

If you have diabetes, it may take your body longer to heal after dental work. This includes having a tooth pulled or any other oral surgery. Be sure your dentist is aware that you have diabetes when planning your treatment.



Oral Health Problems Related to Diabetes are:

- gum disease
- thrush (a fungal infection)
- slower healing after surgery