

DIABETES AND YOUR MOUTH

People with diabetes are more likely to develop periodontal (gum) disease and other dental problems. Recent studies show treating dental problems may help control blood glucose levels.



PERIODONTAL DISEASE

especially in people with diabetes, can be caused by:

- High Blood Glucose
- Smoking and Chewing Tobacco
- Not Brushing and Flossing at Least Daily
- Not Having Your Teeth Cleaned and Examined by the Dentist Regularly

Achieving your blood glucose goals can lower the risk of cavities, gingivitis, and other periodontal problems.

How can I help prevent oral health problems?

Exercising, eating well, achieving normal blood glucose and blood pressure can help to reduce your risk of oral health problems.

SOUTH DAKOTA



DIABETES
PROGRAM

Brush at least twice a day

with a soft toothbrush and fluoridated toothpaste.

Floss daily

Tell your dentist

you have diabetes.

See your dentist

every 6 months or earlier if recommended.

Call your dentist

immediately if you have any of the following symptoms:

- Red, sore or swollen gums
- Bleeding gums
- Loose teeth
- Receding gums
- Tooth ache or other mouth pain

Talk with your doctor

about your meal schedule, glucose level, and medications if oral surgery is planned.

Don't smoke

Call: 1.866.SD-QUITS (1.866.737.8487)

