Gum disease is an infection in the mouth. It makes it harder for your body to fight infections including gum disease.

If you have diabetes, you are up to 3x more likely to develop gum disease.1

Gum disease can lead to higher blood sugar, which leads to diabetes complications, and makes it hard for your body to fight infections including gum disease.

Gum disease is a cycle.

Gum disease can be prevented. Learn how to break the cycle.

Clean Between Teeth Daily to remove hidden disease-causing germs.

Close to half of the population has gum disease, which is linked to heart disease and stroke.2

Brush 2X Daily with fluoride toothpaste, to reduce germs.

1 out of 5 cases of total tooth loss is related to diabetes.3

Drink & Snack Smart Drink fluoridated water and eat healthy foods.

Sweet and sticky foods are more likely to cause cavities.

Get Regular Checkups to help your healthcare team spot early signs of gum disease.

Warning signs include bleeding/receding gums, bad breath and mouth sores.

Good oral health is especially important for older adults because Medicare doesn’t cover dental. By maintaining good oral health and treating gum disease, you can reduce your risk of costly hospitalization by 39%.4

Taking care of your mouth is easy and will help you live well longer. Find out more — ask your healthcare team about how to prevent gum disease and visit TheMightyMouth.org.