



## Diabetes can lead to problems in your mouth.

Be sure to tell your dentist or medical provider if you have:

### Gum Disease

Gum disease, an infection usually caused by plaque and tartar, makes it harder to control blood sugar. This infection might cause your gums to become tender and bleed, and can lead to tooth loss.

### Dry Mouth

Some diabetes medications can cause dry mouth which can make it hard for you to eat, taste, swallow or talk. Dry mouth can also quickly lead to tooth decay, especially at the gumline.

### Mouth Sores

You might develop painful sores because wounds heal more slowly when you have diabetes.

For more information about oral health and diabetes:

**1-800-DIABETES  
(800-342-2383)**

**Diabetes.org**



**Taking care of  
your oral health  
is important.**

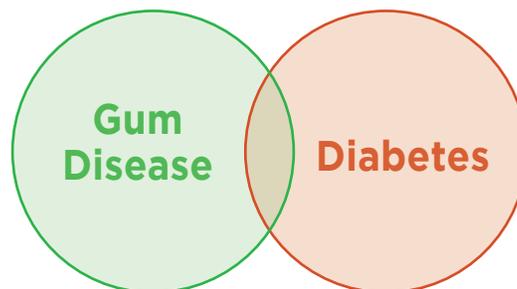


**ARCORA**  
The Foundation of  
Delta Dental of Washington

# Good oral health can help you manage your diabetes



## Gum disease and diabetes are linked



Gum disease is an infection that makes it harder to control blood sugar.

**AND**

When blood sugar isn't well controlled it's harder to fight infections, including gum disease.

Taking care of your mouth, teeth and gums will help you control your blood sugar and reduce diabetic complications.

**The American Diabetes Association recommends regular dental checkups.**

Be sure to tell your dental provider that you have diabetes and discuss how often you may need care.



## Practice good home care:

- Brush twice daily with fluoride toothpaste
- Floss daily
- Use a mouth rinse with fluoride
- Drink water (fluoridated is best) instead of sodas and other sugary drinks

**Eat a well-balanced diet.** Choose healthy snacks like:

- Low-fat cheese
- Fresh fruit
- Vegetables
- Nuts

This will help you prevent weight gain, better control your blood sugar and improve your oral health.

**If you have diabetes, you are twice as likely to develop gum disease which can lead to diabetic complications.**

Living with diabetes is challenging, but keeping your mouth healthy doesn't have to be. Preventing gum disease will help you manage your diabetes, saving you and your pocketbook unnecessary pain.

