

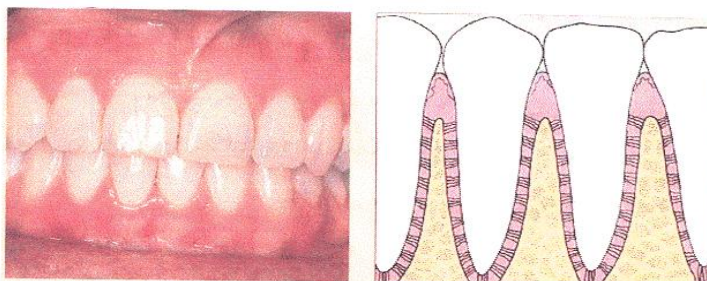
DENTAL CARE & DIABETES

Uncontrolled, high blood sugars increase the risk of developing gum disease. Gum disease can cause infection and/or loss of teeth. Infection in the teeth or gums can then increase blood sugar even more.

Gum Disease (Periodontal Disease) – an infection of the gum tissue that supports the teeth. This infection is caused by plaque build up.

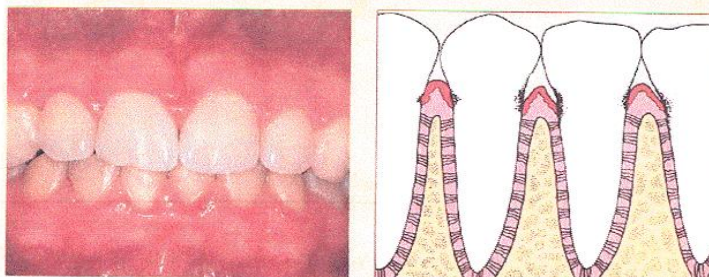
Healthy Gums

Teeth are firmly in place.



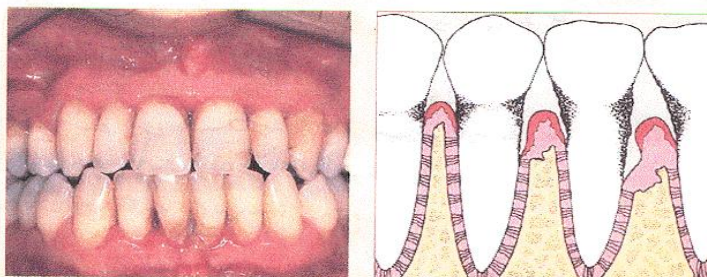
Gingivitis

Gums are irritated by plaque, swollen, and bleed easily.



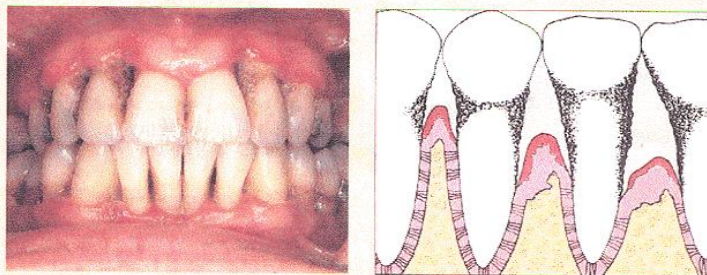
Periodontitis

Gums recede (pull away) from the teeth due to plaque and tartar buildup.



Advanced Periodontitis

Gums further recede (pull away). Teeth become loose and may need to be removed.



Signs of Gum Disease

- Red, swollen, or painful gums
- Gums that bleed when teeth are brushed
- Gums are pulling away from teeth
- Pus around teeth and gums
- Loose teeth
- A change in how your teeth fit together when you bite
- A change in how a partial denture fits

Healthy Dental Habits

- **Control your blood sugar.** The better you control your blood sugar level, the less likely you are to develop gingivitis and other dental problems.
- **Brush your teeth at least twice a day.** Use a soft toothbrush and fluoride toothpaste.
- **Floss your teeth at least once a day.**
- **Schedule regular dental cleanings at least twice a year.** Remind your dentist that you have diabetes. To prevent low blood sugar during dental work, you might want to eat before your dental visits.
- **Take special precautions with dental surgery.** Consult with your provider about adjusting food and insulin requirements before having dental procedures done.
- **Check your mouth regularly for any problems.** Call your dentist if your gums bleed when you brush and floss, if you have loose teeth, mouth pain, or if you have dryness, soreness, white patches, or a bad taste in your mouth.
- **Quit smoking.** Smoking makes gum disease worse.
- **If you wear dentures, remove them and clean them daily.** Tell your dentist if your dentures do not fit right, or if your gums are sore.
- **Eat a balanced diet.**

By controlling your blood sugar, brushing and flossing everyday, and visiting a dentist regularly, you can help prevent periodontal disease. If your diabetes is not under control, you are more likely to develop problems in your mouth.

