

HAVE DIABETES? KEEPING YOUR TEETH AND GUMS HEALTHY



High blood sugar levels can cause teeth and gum problems. If you are older than 45, have diabetes and smoke, you are at increased risk for developing gum disease. Gum disease also known as periodontal disease, can result in mouth pain, difficulty chewing and even tooth loss. Gum disease can even make your blood sugars harder to control.

What you can do~

- Manage your diabetes. Keep your blood sugar level in a good range.
 - Take your diabetes medicines as directed.
 - Follow your diabetes eating plan.
 - Be physically active at least 30 minutes a day, for most days of the week.
- Brush after meals and snacks. Use a soft toothbrush.
- Floss your teeth at least daily.
- Tell your dentist if you have diabetes.
 - Have your teeth checked and cleaned on a regular basis.
 - If you have dentures, keep them clean.
 - Tell your dentist if your dentures do not fit correctly or if your gums are sore.
 - Call dentist for any problems with your teeth or gums.
 - If your dentist calls you about a problem, take care of it right away.
- If you smoke, talk with your health care team about quitting.



If you have questions or concerns about managing your diabetes, talk to your health care team for help.