

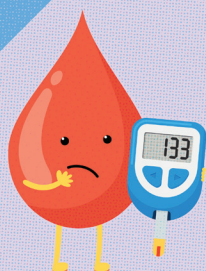
DIABETES AND THE HEALTH OF YOUR MOUTH: A TWO-WAY RELATIONSHIP



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TAKE CHARGE OF YOUR HEALTH



KNOW YOUR RISK

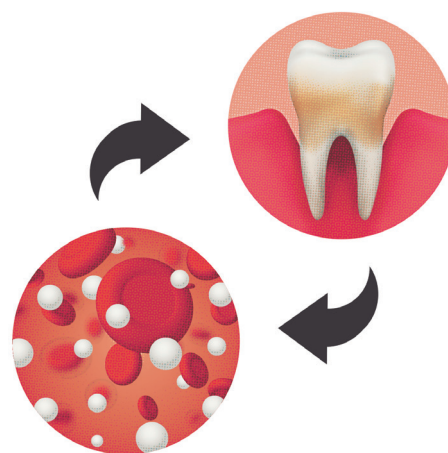
Almost 1 in 4 people living with diabetes have gum disease, making it more likely that they will struggle managing their blood sugar.

People with diabetes and gum disease are more likely to face serious health problems, like heart disease, kidney disease, and vision loss.

- ▶ Adults 20+ with diabetes are 40% more likely to have untreated cavities
- ▶ For those 50+, the risk is higher—56% more likely to lose teeth
- ▶ Issues with your gums, teeth, or breath might be early signs of diabetes, and diabetes makes these problems worse

Gums & Diabetes Connection

The link between diabetes and your mouth works both ways:



- ▶ High blood sugar makes gum disease worse and harder to treat.
- ▶ Gum infections make it harder to control blood sugar, creating a cycle of health problems.

How Diabetes Affects Your Mouth

- ▶ **Dry Mouth:** Medication and/or blood sugar issues can cause you to produce less saliva, which can lead to cavities and gum disease.
- ▶ **Gum Disease:** High blood sugar causes gum inflammation.
- ▶ **Tooth Loss:** Untreated gum disease can result in losing teeth.
- ▶ **Slower Healing:** Diabetes weakens your immune system, making it harder to heal infections, including in your mouth.



TAKE ACTION: CONTROL BLOOD SUGAR AND PROTECT YOUR MOUTH

THINGS TO DO EVERY DAY

- Brush your teeth twice a day with a fluoride toothpaste and clean between your teeth
- Avoid smoking or vaping
- Follow your medical provider's advice to manage diabetes
- Engage in at least 30 minutes of moderate physical activity
- Eat a balanced diet and choose foods low in sugar to help control blood sugar
- Avoid alcohol and sugar-sweetened beverages
- Take your medications as prescribed

VISIT YOUR MEDICAL PROVIDER

- Get regular check-ups to ensure you're managing your blood sugar
- See your doctor immediately if you have a foot sore that does not heal or get better in a few days
- Ask about how diabetes affects your gums and teeth directly or via your medications
- Talk about any pain, irritation, or bleeding in your mouth
- Get advice on health screenings and steps you can take at home to improve your overall health

VISIT YOUR DENTIST*

- Get a cleaning at least twice per year
- Tell your dentist about any changes with your gums, teeth, or breath, like bleeding, dryness, or discomfort
- Ask your dentist to check for early signs of gum disease or diabetes-related problems
- Share your medical history, current medications, and diabetes status
- Ask if you need any special care

** Your dentist might refer you to a specialist for extra care if needed*

FOR MORE INFORMATION AND RESOURCES



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