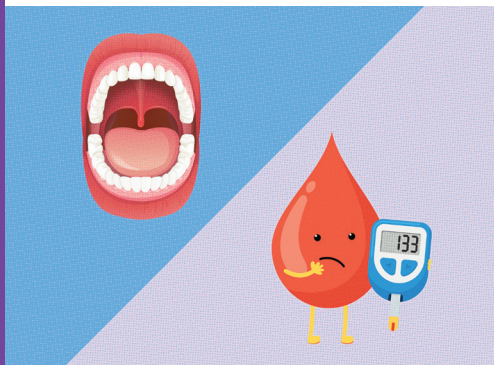


KNOW YOUR RISK

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.

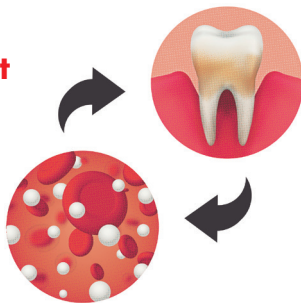


DIABETES ALSO INCREASES YOUR RISK OF ORAL HEALTH ISSUES:

- ▶ 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

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
- ▶ Diabetes can impact the health of your mouth by leading to dry mouth, gum disease, tooth damage and loss, and slower healing of infections



BRING THIS CARD WITH YOU TO YOUR NEXT APPOINTMENT WITH A MEDICAL PROVIDER OR DENTIST

MEDICAL APPOINTMENT

I am on these medications to manage my diabetes:

My medical provider has recommended these next steps:

DENTIST APPOINTMENT

- ☐ I have shared my diabetes history with my dentist
- ☐ I have discussed my gum and teeth health with my dentist

My dentist recommended next steps for my care:

My next cleaning is in _____ months

ROUTINE HEALTH SCREENINGS

(Ask your medical provider to mark which tests you need)

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Blood Sugar (A1C, daily glucose checks) | <input type="checkbox"/> Kidney Function (Creatinine, GFR) | <input type="checkbox"/> Thyroid Function Tests | <input type="checkbox"/> Vaccinations (Flu, Pneumonia) |
| <input type="checkbox"/> Blood Pressure Screening | <input type="checkbox"/> Eye Exam (Retinal screening) | <input type="checkbox"/> Microalbuminuria (protein in urine) | <input type="checkbox"/> Weight Monitoring |
| <input type="checkbox"/> Cholesterol Check (lipid panel) | <input type="checkbox"/> Foot Exam | <input type="checkbox"/> Nerve Function (Neuropathy screening) | |
| <input type="checkbox"/> Dental Check-up (for gum disease) | | | |

**FOR MORE
INFORMATION
AND RESOURCES**



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