

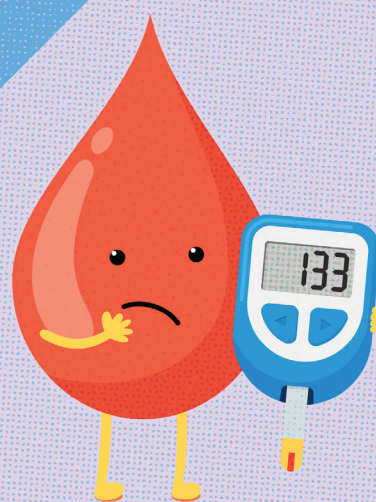
# DIABETES AND THE HEALTH OF YOUR MOUTH: A TWO-WAY RELATIONSHIP



Henry Schein Cares  
FOUNDATION

**Prevention  
is Power™**

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.**

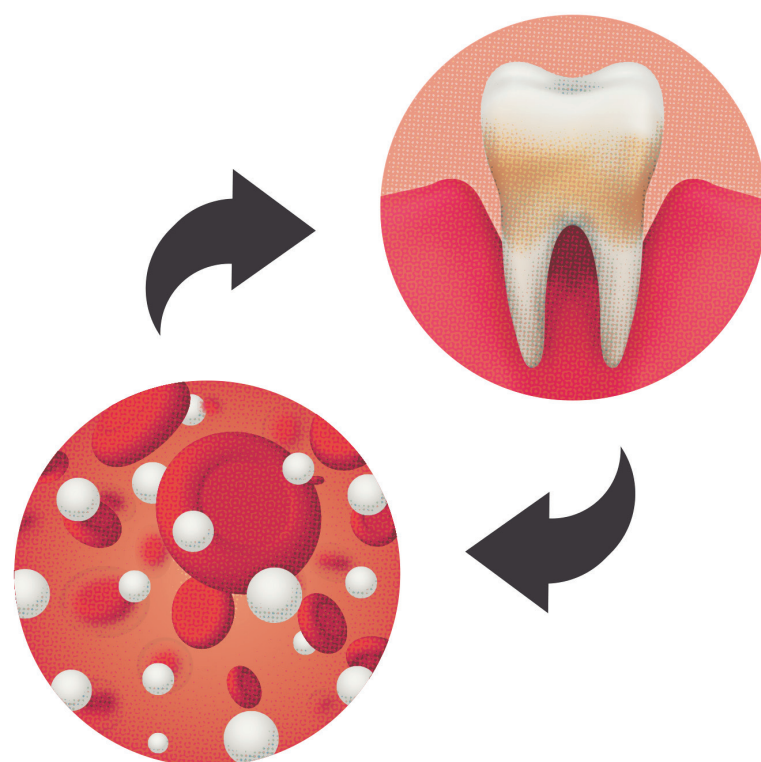
People with diabetes and gum disease are more likely to face serious health problems, like heart disease, kidney disease, and vision loss.

- ▶ 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

BY MANAGING YOUR DIABETES AND TAKING CARE OF YOUR TEETH AND GUMS, YOU CAN PREVENT TOOTH LOSS OR INFECTIONS

### 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



[henryschein.com/preventionispower](https://henryschein.com/preventionispower)

### HENRY SCHEIN CARES FOUNDATION PREVENTION IS POWER PARTNERS



### IMPLEMENTATION PARTNERS



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