Tips and Tricks: Diabetes and Oral Health

How does diabetes affect your oral health?
- High blood sugar can lead to inflammation of the gums.

How should you know if you have an infection in your teeth and gums?
- Bleeding gums when you brush or floss
- Red, swollen, or tender gums
- Changes in the fit of your dentures
- Pus between the teeth and gums
- Bad breath

What can occur as a result of unregulated blood sugar?
- Gum disease
- Dry mouth
- Thrush, a fungal infection

How should you keep your teeth and gums healthy?
- Brush your teeth just before bed at night
- Floss at least once a day
- Keep your dentures clean
- Call your dentist immediately if you have problems with your teeth or gums