

TIPS AND TRICKS

DIABETES AND YOUR ORAL HEALTH



When blood sugar goes unmanaged, high glucose levels may lead to more difficulties fighting off infections, paving the way for oral disease.



While people with diabetes have a greater chance of getting periodontal disease, research also suggests periodontal disease may make it more difficult for diabetics to regulate their blood sugar.



Not only does diabetes cause gum disease, it can also cause dry mouth, and a fungal infection called thrush.



Brush your teeth after every meal or snack



Floss at least once a day. Flossing helps to prevent buildup on your teeth



If you wear dentures keep them clean, and tell your dentist if they do not fit properly or if you have sore gums



Call your dentist immediately if you are having problems with your teeth or gums



Control your blood glucose



Smoking makes it more likely for you to get a bad case of gum disease especially if you have diabetes

Diabetes can cause serious problems in your mouth.

Take steps to keep your mouth healthy!



**Oral Health Kansas
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