

TIPS AND TRICKS SERIES

Diabetes and Oral Health

Diabetes can affect your teeth and gums. Taking care of your mouth is an important part of managing diabetes.

How can diabetes affect your mouth?

- High blood sugar can increase your risk of:
- Gum disease
- Dry mouth and cavities
- Slow healing
- Mouth infections
- Contact your dental team if you notice bleeding or swollen gums, loose teeth, a sore mouth, or changes in how your dentures fit.

Take care of your mouth every day:

- Brush twice a day with fluoride toothpaste.
- Clean between your teeth every day.
- Keep dentures clean and take them out as recommended.
- Manage your blood sugar as directed by your health care team.
- Do not use tobacco.

Keep up with dental care:

- Tell your dental team that you have diabetes.
- Keep regular dental visits, even when nothing hurts.
- Ask how often you should be seen.



Did you know?

Keeping your blood sugar in your target range helps protect your mouth. Keeping your gums healthy may also make diabetes easier to manage.

Want to learn more?

Look for these Tips & Tricks:

- More Than a Smile
- Pregnancy & Oral Health
- Cancer Treatment & Your Mouth