

# DIABETES & ORAL HEALTH



## DIABETES IMPACTS ON YOUR HEALTH

- Slow healing cuts
- Lead to stroke
- Heart disease
- Diabetic feet (numbness in hands or feet)
- Kidney damage and dialysis
  - High blood pressure
- Blurred vision or blindness
  - Depression



## TIPS FOR CARE

**PREVENT GUM DISEASE:** Maintain good blood sugar levels, eat a balanced diet, excellent oral hygiene at home, regular dental checkups and more frequent cleanings (every 3-4 months).

**RELIEF FROM DRY MOUTH:** Use fluoride mouthwash and ask for fluoride varnish topical applications at the dental office. Your dentist may recommend a saliva substitute. Limit your intake of coffee and alcohol, chew sugarless gum, and drink water.

**PREVENT THRUSH:** Do not sleep with your dentures. Good oral hygiene is critical. Your dentist may prescribe an antifungal.

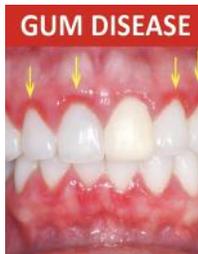
**SET A PLAN:** Set small goals to start with your diet or ask a dietitian about a meal plan. **Talk with your doctor and ask about your A1c levels.**

**HEALTHY HABITS:** Eat a well-balanced diet, get 7-8 hours of sleep each night, and get active!



## ORAL MANIFESTATIONS

Diabetes can affect your teeth, gums, and the overall health of your mouth.



### GUM DISEASE

Diabetes and oral health are **bi-directionally related**. Healthy blood sugar level means lower risk of gum disease, and treating gum disease may help improve blood sugar levels.

### DRY MOUTH

The main cause of dry mouth is medications and general dehydration. Without adequate saliva, bacteria can cause cavities, gum disease, or bad breath. **Constant dryness irritates the soft tissues in the mouth**, making them inflamed and painful.



### FUNGAL INFECTIONS/THRUSH

Oral fungal infections (or thrush) occurs among persons with diabetes because of **dry mouth, high glucose in saliva, and a weak immune system**. Thrush may cause white/red colour patches in your mouth, burning sensation and taste impairment.

### SLOW HEALING

Poor control of blood sugar can keep injuries like cold sores or cuts in your mouth from healing quickly and properly. If you have something in your mouth that you feel isn't healing as it should, **see your dentist**.



**Manage your diabetes through dental care at home and more frequent dental checkups and cleanings!**