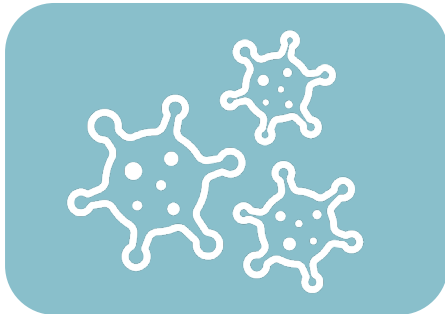


DIABETES & ORAL CARE



Diabetes affects all areas of the body including mouth, teeth, and gums. High blood sugar in the body means high sugar in the saliva. Sugar often exits the body through saliva. Bacteria grow and thrive in high sugar environments which can lead to gum disease. Routine oral health care includes regular dental visits and at home care. This will lower the risk for gum disease and keep the mouth and teeth healthy.



THE IMPACT OF HIGH BLOOD SUGAR ON ORAL HEALTH

- Dry mouth caused by less saliva
- Gum disease
- Increased risk of mouth infections that are harder to treat



WHAT IS GUM DISEASE?

Gum disease occurs when proper brushing and flossing does not happen regularly. It can result in red, swollen gums and even lead to loose or lost teeth.

Signs of Gum Disease:

- Red, swollen, bleeding gums
- Gums pulling away from teeth
- Sores present on gums
- Loose teeth
- Changes in bite or tooth position
- Bad breath

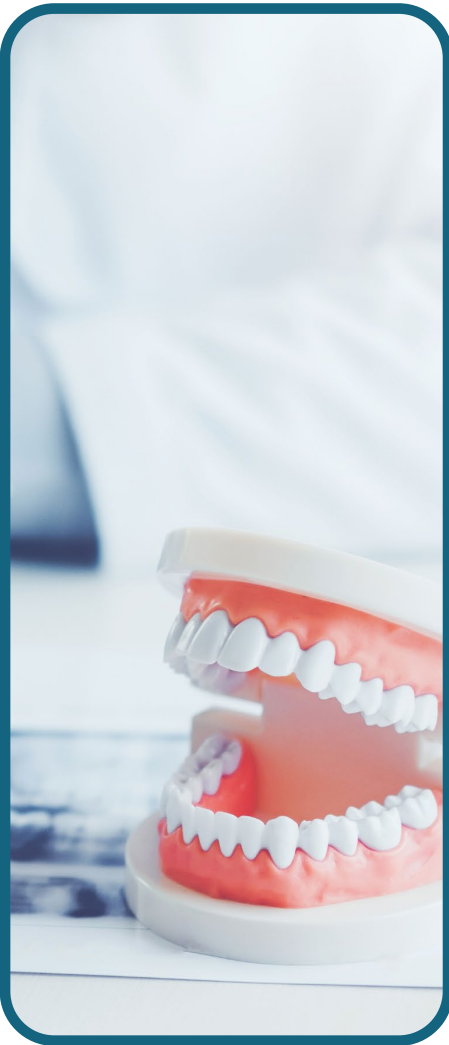
50%

Severe tooth loss is 50% higher in people with diabetes.

DAILY ORAL HEALTH CARE

- Brush teeth twice a day with a soft-bristle brush and fluoride containing toothpaste.
- Floss teeth once a day.
- Limit sugary foods and drinks.
- Visit a dentist twice a year for cleanings.

DENTURES AND IMPLANTS



DENTURES



Visit the dentist at least 2 times a year for denture fitting and mouth exam.

Denture Exams Include:

- Check the health of the mouth tissue looking for changes in gum color, swelling, sores, lumps, or bleeding
- Check denture for proper fit, wear and tear, or breaks
- Screen for oral cancer

Denture Care:

- Remove and rinse after eating
- Brush dentures daily with a soft-bristle brush and denture cleanser
- Soak overnight in water or mild denture-soaking solution
- Always rinse before putting back in the mouth

40%

Adults 20 or older with diabetes are 40% more likely to have untreated cavities than similar adults without diabetes.

IMPLANTS

- High blood sugar increases risk of infection and implant failure
- Before and after surgery maintain well controlled blood sugars to promote healing and success of the implant
- Practice routine at home care and cleanings to maintain the health of the implant
- Implants should be cared for the same as natural teeth for cleanings and check-ups

1. <https://www.cdc.gov/chronicdisease> | 2. Wei L, Griffin SO, Parker M, Thornton-Evans G. Dental health status, utilization, and insurance coverage among adults with chronic conditions: implications for medical dental integration in the US. *J Am Dent Assoc.* 2022;153(6):563–571. | 3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3961886/> | 4. <https://ottawasouthdenture.com/how-often-should-i-get-a-denture-exam/> | 5. <https://www.nedelta.com/Oral-Health-and-Wellness/Articles/Dental-Visits-for-Patients-with-Dentures>