

Sources

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American Diabetes Association: www.diabetes.org
Mayo Clinic: www.mayoclinic.com/health/dental/DE00001
National Institute of Dental and Craniofacial Research/National Oral Health Information Clearinghouse: www.nidcr.nih.gov
National Institutes of Health: National Diabetes Information Clearinghouse: www.diabetes.niddk.nih.gov

BARRICKS INSURANCE SERVICES
13900 NW Passage #302
Marina Del Rey, CA 90292
Phone: (877) 566-5454

<http://www.barringsinsurance.com>



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Diabetes and Oral Health

How to keep your teeth and gums healthy and happy



Diabetes can harm your teeth and gums, so it's important for you to know the appropriate steps to take to prevent gum disease and other dental problems in order to keep your smile bright and healthy.

According to the Mayo Clinic, diabetes increases your risk of gum disease, cavities, tooth loss, dry mouth and other infections.

Dental care and diabetes

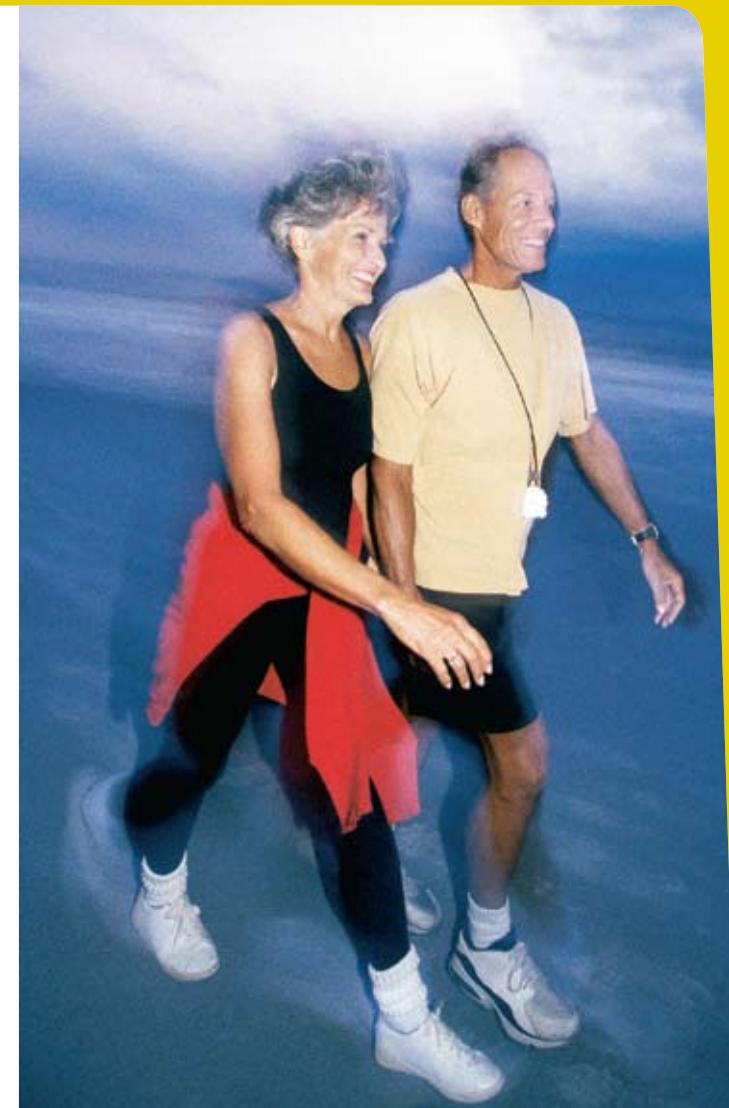
Don't take your smile for granted. If you have diabetes, make sure you take care of your mouth. Keeping your teeth and gums healthy and happy is simple – just practice prevention:

- **Regulate your levels.** Keep your blood glucose under control.
- **Floss daily.** Flossing helps prevent the buildup of plaque between your teeth. Using a sawing motion, gently bring the floss between the teeth, scraping from bottom to top several times.
- **Brush your teeth after every meal.** Use a soft toothbrush, turn the bristle against the gum line and brush gently. Use small, circular motions, and brush the front, back and top of each tooth.
- **Visit a dentist regularly – at least twice a year for cleanings and exams.** Make sure you tell your dentist that you have diabetes.

- **Plan your visit.** Schedule your dental appointments early in the morning, after you have had breakfast, to help ensure a stable blood sugar level.
- **Don't procrastinate.** If your dentist tells you about a problem, take care of it immediately.
- **Check your mouth regularly.** If your gums bleed when you brush and floss, or have dryness, soreness, white patches or a bad taste in your mouth, you should visit your dentist.

A healthy mouth is a happy mouth

Remember, good diabetic control is key in preventing oral health problems – and good dental health can lead to better overall health!



Statistic: More than 90 percent of all diseases that can impact your body produce signs and symptoms in your mouth. One of diabetes' first symptoms is often through problems in your mouth.

— Mayo Clinic

Statistic: About 90 percent of adults have gum disease during their lives. If you have diabetes, you are at higher risk for gum problems. Poor blood glucose control makes gum problems more likely.

— American Diabetes Association