

Schedule your DENTAL VISIT

2x

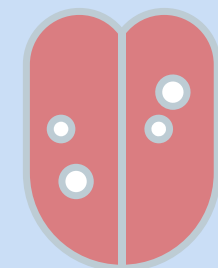


Visit your dentist twice a year for cleanings, x-rays and checkups.

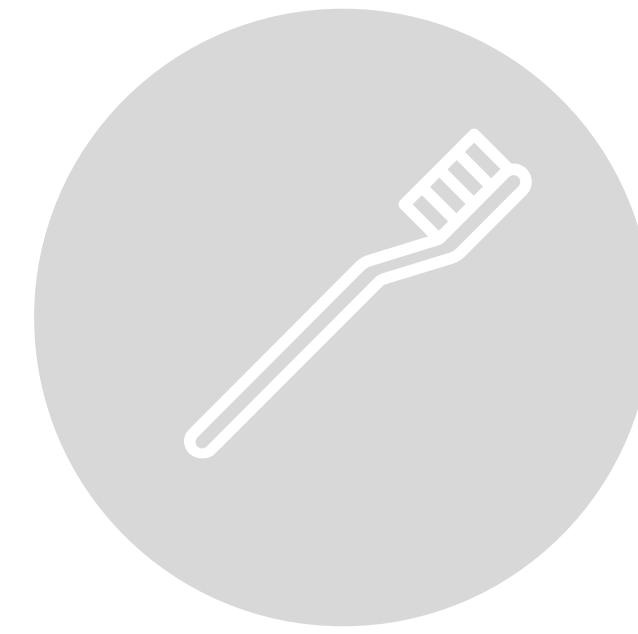


Tell your dentist you have diabetes. Inform your dentist of changes in your health or medicines.

Call your dentist right away if you have any of these symptoms:



- Mouth irritation
- Tingling
- Numbness
- Pain
- Slow healing
- Redness
- Swelling
- Bleeding gums
- Dry mouth
- Thrush (*candidiasis*): white or red patches on the tongue, or in the mouth and throat
- Loose teeth



References and Other Resources

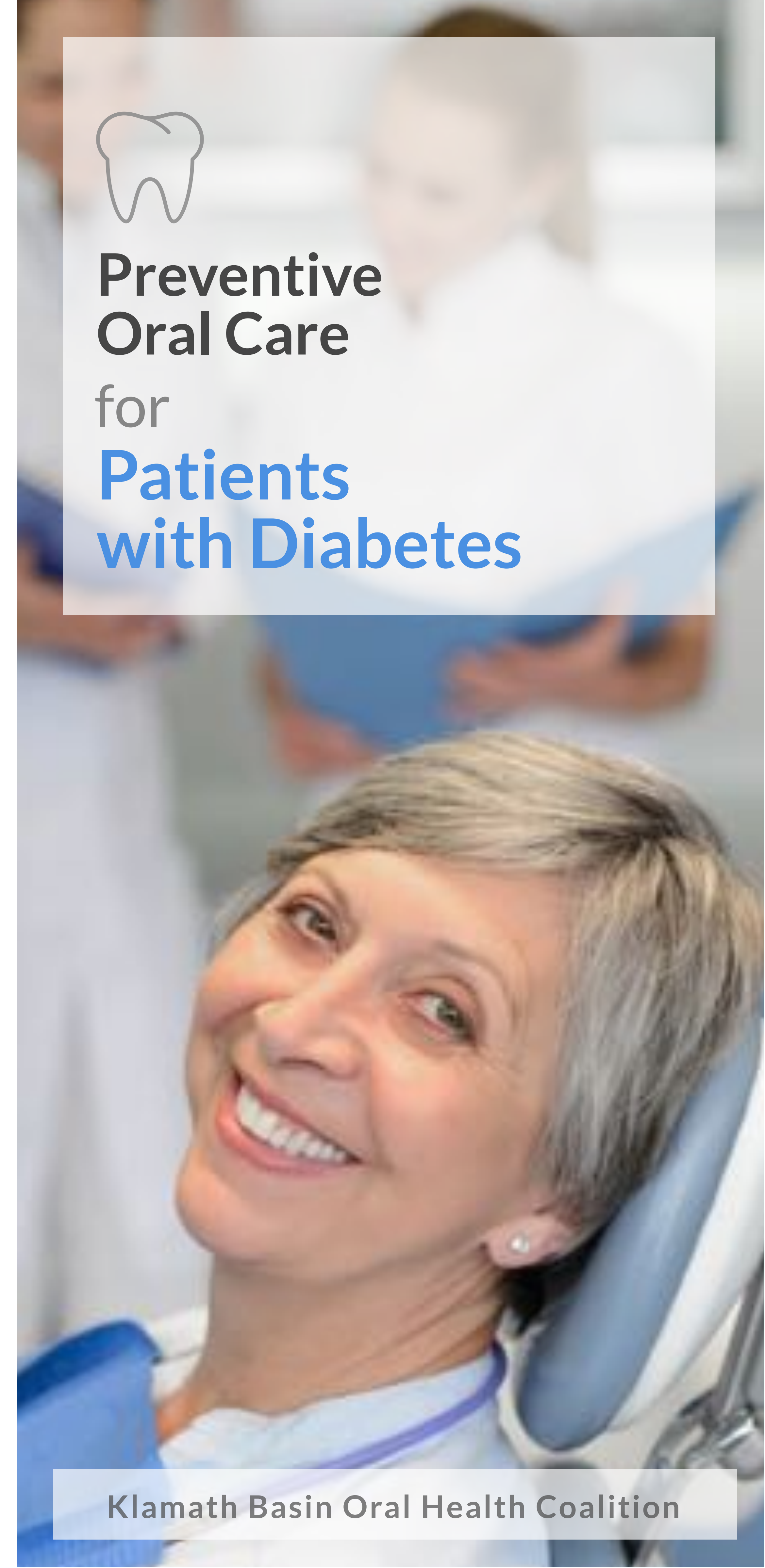
American Dental Association
www.ada.org

National Institute of Diabetes and Digestive
Kidney Diseases
www.niddk.nih.gov

Mayo Clinic
www.mayoclinic.org



Preventive Oral Care for Patients with Diabetes



Klamath Basin Oral Health Coalition



Regular preventive care will reduce harmful bacteria, keep blood sugar levels down, and detect early mouth problems when they are easier to treat.

How to keep your MOUTH HEALTHY



Oral health and overall health are strongly connected.

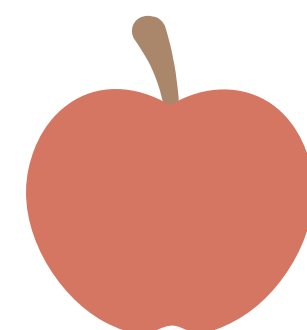
Better control of blood sugar



Lower chance of developing dental or physical health problems

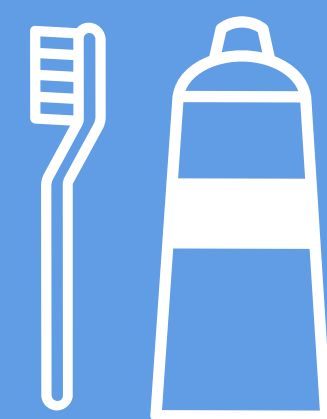
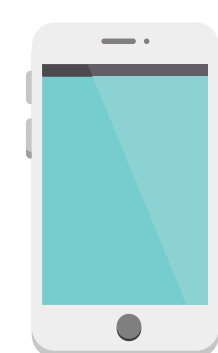
Eat healthy meals.

Follow the meal plan your doctor or dietitian recommended.



Stay in touch.

Call your dentist right away if you have any symptoms of mouth problems.



Brush at least twice a day with a soft-bristled *toothbrush* and *fluoride toothpaste*.



Use *dental floss* or an interdental cleaner at least once a day.



Ask your dentist about using an anti-plaque or anti-gingivitis *mouth rinse*.



If you wear *dentures*, keep them clean and take them out at night.

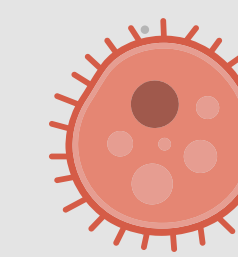
Remember to see your dentist twice a year.

Diabetes and your mouth



Too much *glucose* (sugar) in your blood from diabetes can *cause pain, irritation, infection, and slow healing*.

Glucose is present in your *saliva*—the fluid in your mouth that makes it wet.



When diabetes is not controlled, high glucose levels in your saliva help *harmful bacteria* grow.

These bacteria combine with food to form a soft, sticky film called *plaque*.

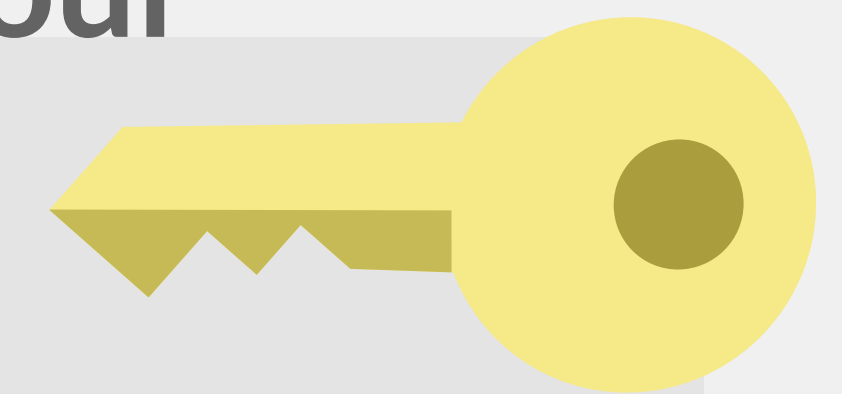


Plaque can cause tooth decay, cavities, gum disease and bad breath.



You can help **prevent** this through good glucose management and consistent oral care.

Managing your blood sugar level is key.



Don't smoke.



Smoking increases the risk of serious diabetes complications, including gum disease and tooth loss. If you smoke, talk to your doctor about options to help you quit.