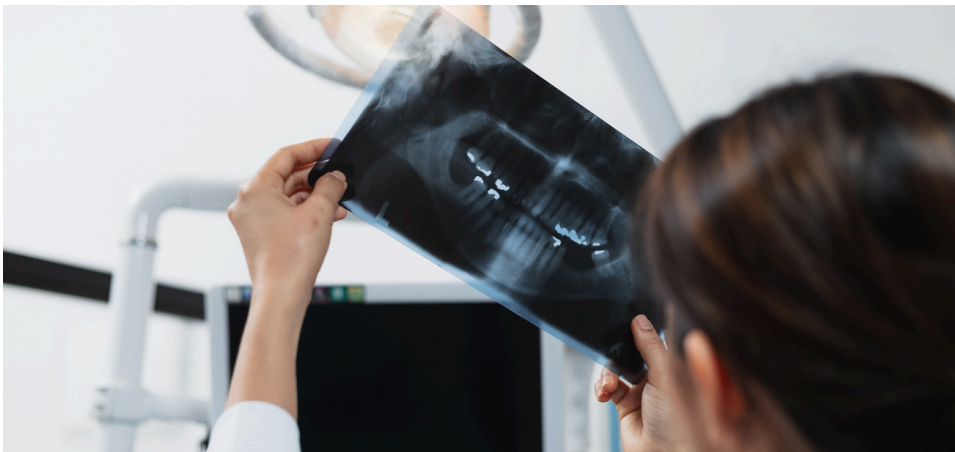


# Diabetes Care: Oral Health

Diabetes can result in many oral health related challenges ranging from minor ailments such as irritation to major complications such as periodontal disease that can cause tooth loss.

Diabetics are at higher risk of oral health complications due to high sugar levels in saliva, promoting plaque formation.

Preventative oral health care is essential for maintaining overall oral health and reducing risk of health challenges.



## Warning Signs for Gum Disease

Since diabetes increases the risk of cavities, gum disease, as well as other infections, it is important to look at some of the warning signs of oral health complications:

- Gums that bleed easily
- Red, swollen, or tender gums
- Gums that have pulled away from teeth
- Pus between teeth and gums when the gums are pressed
- Constant bad breath or bad taste in the mouth
- Permanent teeth that are loose or separating
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures



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## Maintaining Oral Health

- Individuals living with diabetes should be extra conscious of oral health due to potential risks
  - Brushing thoroughly
    - Twice a day (preferably with fluoride toothpaste)
  - Flossing
    - At least once a day
  - Regular checkups
    - Every six months depending on lifestyle and oral habits

## Diabetes and Oral Health Treatment

- Make sure to let your dentist know if your diabetes is under control and if there are any changes to your medical history
- High blood sugar compromises the immune system's ability to combat infections
  - Avoid unnecessary oral health complications by regulating blood sugar levels through proper diet and exercise