How Diabetes Affects Oral Health

And what to do about it

NEVADA **HEALTH** AUTHORITY

It goes both ways!

Diabetes can increase your risk for gum disease and gum disease makes diabetes hard to control. For example, patients with poor blood sugar control appear to develop gum disease more often and more severely. It's harder to control your diabetes when you have gum disease.

Diabetes affects over 30 million Americans each year

It is the 7th leading cause of death. The most common oral health problems linked with diabetes:

- Tooth decay
- Gum disease
- Dry mouth
- Fungal infections
- Oral inflammatory tissue disease
- Delayed healing from infections
- Altered taste

See your dentist immediately if you notice:

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

Here is how to slow the effects of diabetes

If you have not been going to the dentist regularly, it is really important to start. Your dentist can tell you how diabetes affects your mouth and your whole body. Also, brushing your teeth everyday and eating healthy will help you stay healthy.

Get your diet in check

Listen to your doctor's advice about diet and exercise. Try eating 5 smaller meals each day and stick to the same eating times to avoid insulin spikes.
Try not to eat processed foods like chips sugary drinks like soda.

Easy Daily Tips

- Brush your teeth twice a day for 2 minutes.

- After meals, rinse your mouth with water to stop plaque from forming.

- Make sure to floss between your teeth.

- Flossing once a day, especially at night after meals, is best!

Follow a good oral health plan. Visit your dentist often for cleanings, that way your dentist check for infections or swelling before they become serious health problems.

For more information visit the website by scanning the QR Code:
For questions you can email: 1115Dental@nvha.nv.gov