

# Diabetes and Your Mouth



Over 29 million people in the U.S. have diabetes.<sup>1</sup> This systemic disease affects more than your blood sugar — it can also have serious consequences for dental health.

## Protect yourself

**Control your blood sugar.** The higher your glucose levels, the greater chance of developing oral health problems.

**Brush and floss every day.** A strong defense against bacteria goes a long way.

**Visit your dentist regularly.** Tell your dentist that you have diabetes and what medications you're taking.

**Quit smoking.** A dangerous combination, smoking and diabetes restrict the blood flow to your mouth.

**Did you know** diabetes puts you at risk for gum disease? People with diabetes also have higher levels of glucose (simple sugars) in their saliva.

## Look for warning signs

- Red, tender or swollen gums
- Bleeding gums
- Gums that separate from surrounding teeth
- Chronic bad breath or bad taste in your mouth
- Teeth that are loose or separating from each other

**See your dentist if you experience any of these symptoms.**

<sup>1</sup> "National Diabetes Statistics Report, 2014," Centers for Disease Control and Prevention. <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>