# Diabetes & Gum Disease

Diabetes can affect your teeth, gums and the bone that supports your teeth

Keeping blood sugar at the correct level is important to your dental health and overall health

If you have high blood sugar levels, you are at increased risk of gum disease

Infections in the mouth can affect your ability to control your blood sugar

#### **Poor Blood Circulation**

Weakens the resistance of the gums and bone to infection

### **Health Problems Associated** with **Gum Disease**

Increased risk of complications from diabetes

Increased risk of heart disease and stroke

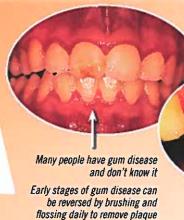
When you are pregnant and have gum disease, you may increase the risk of delivering a low-weight, premature baby

### **Dental Health**

& Diabetes

#### **Gum Disease**

May lead to tooth loss



Loss of bone supporting the teeth

More advanced stages of gum

disease cause permanent loss of bone supporting the teeth

## **Signs of Gum Disease**

Gums that bleed when you brush and/or floss Gums that are red, swollen or tender Bad breath

Gums that have pulled away from the teeth Pus between the teeth and gums Teeth that are painful, loose or move Changes in the way your teeth fit together Changes in the way your dentures fit

Contributing

**Factors** 

Not brushing

and flossing

Tobacco use

High blood

sugar levels

regularly

# Tips for Keeping Your Smile Healthy

Brush your teeth after every meal and before bed

Floss once a day

Keep your blood sugar levels under control Treat gum infections, tooth infections and pain early

Make healthy food choices

Clean dentures daily

See your medical or dental professional if you experience dry mouth

Avoid smoking

For Future Generations of Healthy Smiles Visit your Dentist, Dental Therapist, or Dental Hygienist Regular

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