

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



Many people have gum disease and don't know it

Early stages of gum disease can be reversed by brushing and flossing daily to remove plaque



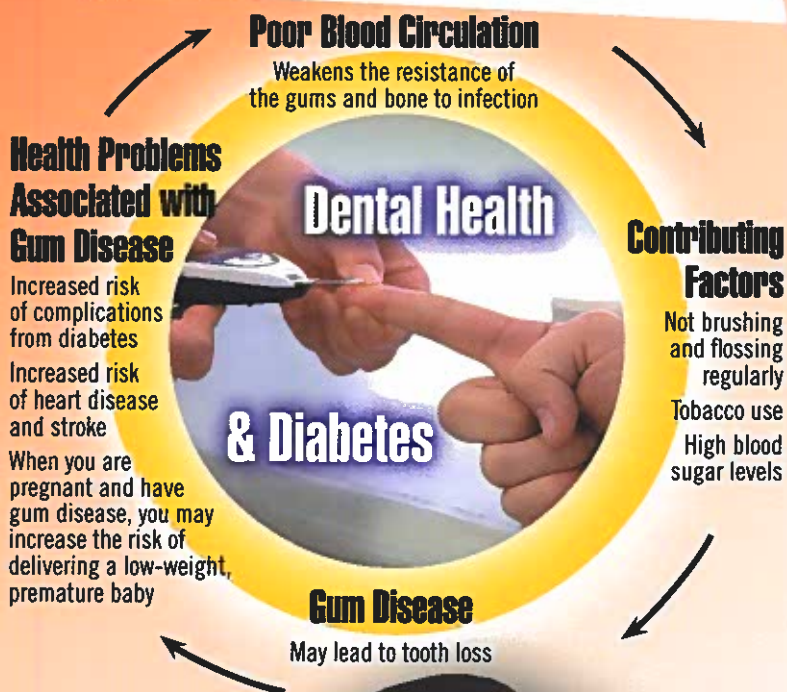
More advanced stages of gum disease cause permanent loss of bone supporting the teeth



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



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 Regularly.