

Diabetes & Oral Health

Diabetes is a silent disease that affects many people around the world. When you have diabetes, high blood sugar can take a toll on your entire body. Diabetics are also at a greater risk for problems with their teeth and gums.



Oral health problems caused by diabetes

Tooth decay:

The higher your blood sugar level, the greater the supply of sugars and starches that can wear away surfaces of your teeth. This can lead to cavities.

Gum disease:

Have you noticed bleeding when you brush or floss? This may be an early sign of the gum disease called gingivitis.

Dry mouth:

Diabetes can cause a lack of saliva, a condition known as dry mouth. Extra sugar in your saliva, combined with less saliva to wash away leftover food, can cause tooth decay.

Infections:

Diabetes can weaken your immune system. As a result, diabetics tend to get yeast infections in their mouths more often. This is called oral thrush.

Slow healing:

Have you ever noticed a cold sore or a cut in your mouth that does not seem to go away? This can be another side effect of living with diabetes.

Maintaining oral and overall health

Your diabetes is manageable.

Follow your doctor's advice and keep your blood sugar level low. Stick to your treatment plan and stay on top of your medical appointments. If necessary, make changes in your diet and exercise more.

See your dentist for regular checkups.

Visit your dentist every 6 months for cleanings and checkups. Make sure your dentist has the contact information for your doctor who helps you manage your diabetes. This will help your dentist to receive regular updates and proactively address any oral health issues.

Maintain good oral hygiene.

Make sure to brush 2 times a day for at least 2 minutes with a soft brush. Also, floss at least once a day. Good dental care habits at home help your teeth and gums stay healthy.

Avoid all tobacco products.

Tobacco increases the risk of health problems related to diabetes. They can range from tooth decay and gum disease to tooth loss and oral cancer.



Grab Your Brush!

With proper dental care and good habits, you can manage your diabetes and keep your smile healthy and bright!

Please call us at 1-800-468-0608 or visit us on the web at healthplex.com