



Oral Health & Hygiene

Information for Persons with Diabetes



How does diabetes affect the mouth and teeth?

Diabetes can cause the following problems in the mouth:

Fungal infections like *Thrush* can cause white or red patches that can turn into sores or ulcers

Oral Infections are a cluster of germs causing problems in one area of your mouth causing pain, swelling, and sensitivity to hot, cold and sweet foods.

Poor healing

Plaque buildup which is a sticky film of food, saliva, and germs, and if built up can cause cavities

Dry mouth may be caused by high blood pressure or medicines you are taking.

Gum disease or *Gingivitis* can be painless or painful, and symptoms can include red, swollen, pussy or bleeding gums.



How can I care for my teeth and gums?

Brush your teeth twice a day for at least 3 minutes.

Floss around your teeth every day.

Look for early signs of gum disease.

Visit your dentist at least twice a year if possible.

Avoid sweets and tobacco in any form



*****Remember: Diabetes may weaken your mouth's germ-fighting powers. High blood sugar levels can make gum disease worse, which can in turn make diabetes harder to control. Always take care to maintain your blood glucose levels, live healthy, and practice good oral hygiene!*****



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