

Diabetes and Oral Health



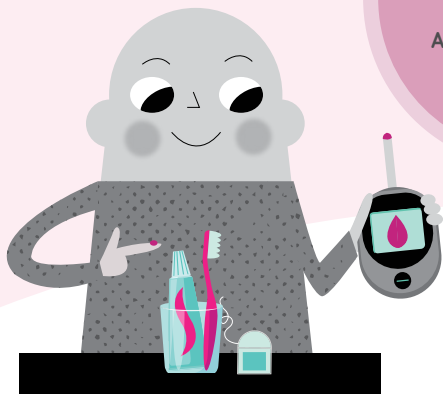
Research shows a link between diabetes and oral health. There is a greater risk of developing gum disease, dry mouth and oral infections.



Gum disease can make it more difficult to manage your diabetes. Help reduce your risk by controlling your blood glucose level and practising good oral hygiene.



Visit your dental team every 6-12 months for advice and a check-up. Always advise your dentist that you have diabetes.



DHF

Dental Health
Foundation
Ireland

TAKING CARE OF YOUR MOUTH WILL HELP YOUR DIABETES

Tooth Tips

- Brush teeth twice a day for 2-3 mins with a fluoride toothpaste (1,450ppmF).
 - Spit after brushing, don't rinse. Floss daily.
 - Make healthy food choices.
- Follow the advice of your Doctor/ Dietitian/ Diabetes Team.
- Rinse your mouth with water after taking fast acting carbohydrates e.g. for hypoglycaemia treatment.

Things to Consider

- Signs of gum disease are bleeding gums, receding gums and bad breath. Good oral hygiene & controlling your blood glucose can help reduce your risk.
- Dry mouth can be caused by high blood glucose or some medications & increases the risk of tooth decay as saliva can help protect your teeth. Sipping water can help relieve dry mouth. Sugar free gum can increase saliva production.
- Avoid sucking sweets or drinking sweet drinks as these can cause tooth decay (unless treating an episode of Hypoglycaemia $<4.0\text{mmol/L}$).
- People with diabetes have a higher risk of oral infections such as Thrush (signs include white patches or redness in the mouth). Risk factors for Thrush are high blood pressure, and high glucose levels, ill-fitting dentures and frequent antibiotic usage. Talk to your G.P. or Dentist for advice.
- Smoking increases your risk of gum disease, mouth cancer, bad breath, stained teeth and cardiovascular disease.

For further information on diabetes and support, see www.diabetes.ie