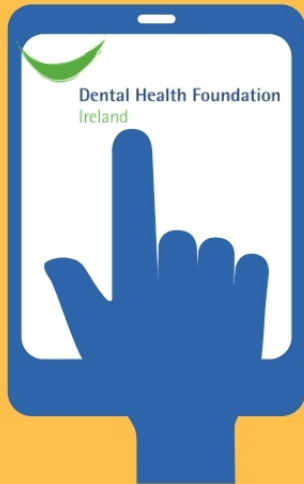


# Check in with your Oral Health



## Diabetes and Oral Health

13- 17 years

**If your diabetes is not well controlled you are at a higher risk of developing oral health problems such as gum disease, dry mouth and oral infections.**

**Here are some tips to help you stay in control and reduce your risk.**



[www.dentalhealth.ie](http://www.dentalhealth.ie)  
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Dental Health Foundation  
Ireland

**Diabetes**  
Ireland  
[www.diabetes.ie](http://www.diabetes.ie)


**For tips please  
turn over**

It is important to continue to visit your Dentist every 6-12 months. Always advise your dentist that you have diabetes.


## Tooth Tips

- ✔ Brush teeth twice a day at bedtime and one other time with a fluoride toothpaste (at least 1,000ppm). 
- ✔ Brush for 2-3 mins. Spit after brushing, don't rinse. 
- ✔ Floss daily.
- ✔ If you wear braces, brush thoroughly every time you eat. Carry a travel toothbrush.
- ✔ Rinse your mouth with water after taking fast acting carbohydrates e.g. for hypoglycemia treatment.
- ✔ Make healthy food choices. Follow the advice of your Doctor/ Diabetes Team.


## Infection

- ✘ Those with diabetes have a higher risk of oral infections such as thrush. 
- ✘ Signs of thrush are white or red patches in the mouth. Talk to your G.P or Dentist. Risk factors for thrush are high blood glucose levels and frequent antibiotic usage.
- ✘ Mouth & tongue piercings can lead to infections, chipped teeth or damaged gums.

## Gum Disease

- ✘ People with diabetes have a greater risk of gum disease. Gum disease can make it more difficult to control diabetes.
- ✘ Signs of gum disease are gums that bleed when brushed, receding gums & bad breath.
- ✔ Good oral hygiene, controlling your blood glucose and regular dental visits can help reduce your risk. 

## Dry Mouth

- ✘ Dry mouth increases the risk of tooth decay. Saliva substitutes and sipping water can help relieve dry mouth. Sugar free gum can increase saliva production. 
- ✘ Avoid sucking sweets or drinking sweet drinks (even sugar free ones) as these can cause tooth decay.

## Smoking & Alcohol\*

- ✘ Smoking increases your risk of gum disease, mouth cancer, bad breath and stained teeth.
- ✘ Alcohol is a risk factor for mouth cancer and can increase your risk of hypoglycemia.

\* It is illegal for anyone under the age of 18 to purchase tobacco or alcohol products in the Republic of Ireland.