

Diabetes and Your Child's Oral Health



Scan for diabetes and oral health information.

Taking care of your child's mouth can help manage their diabetes.

Help reduce their risk of tooth decay with a good oral hygiene routine, regular dental visits and by keeping glucose levels within range.

Research suggests if your child's blood glucose levels are consistently higher than recommended, it may put them at higher risk of developing gum disease, dry mouth and oral infections.


Tell your dentist that your child has diabetes.





DHF
Dental Health
Foundation
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Make healthy food choices for your child. Limit the frequency of food and drinks high in sugar to reduce plaque and tooth decay.


Tooth Tips


 When the first tooth appears (around 6 months) clean with a soft brush and water twice daily. Avoid toothpaste unless advised by your dentist.


 From age of 2 years brush teeth twice a day for 2-3 mins at bedtime and one other time with a fluoride toothpaste (at least 1,000ppm). Spit out but don't rinse after brushing.

 From age of 8 years floss daily to remove particles of food that may have become trapped and can cause gum inflammation, tooth decay and bad breath.

Diet Tips

 Avoid sucking sweets or drinking sweet drinks as these can raise glucose levels and cause tooth decay (unless treating an episode of Hypoglycaemia $<4.0\text{mmol/L}$). Rinse your child's mouth with water after taking fast acting carbohydrates e.g., hypoglycaemia treatment.

 Small diet changes can make a big difference, include more fruit and vegetables in your child's diet.

 Talk to your Dentist, G.P., Dietitian and Diabetes team for further advice.

Things to consider

- Signs of gum disease are bleeding gums when brushed, receding gums and bad breath. Practice good oral hygiene to reduce this risk.
- Dry mouth can be caused by high blood glucose or some medications and increases the risk of tooth decay - saliva can help protect the teeth. Sipping water can help ease dry mouth.
- Children with diabetes have a higher risk of oral infections such as Thrush. Signs include white patches or redness in the mouth.

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