

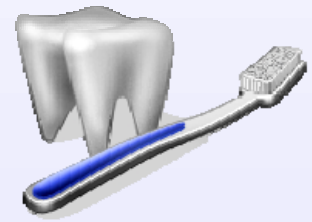


Diabetes and Your Mouth

People with diabetes are more likely to have gum disease because of high blood sugars. Excess sugar in your mouth can help bacteria (germs) grow. These bacteria cause infections that lead to gum disease and tooth decay. Problems with your mouth can indicate other health problems with your body. Controlling your blood sugars and keeping your mouth healthy will help you make your whole body healthier!

If you have diabetes, you may have:

- ◆ Tooth decay
- ◆ Gum disease
- ◆ Dry mouth (can be caused by medications)
- ◆ Fungal infections
- ◆ Other mouth infections
- ◆ Slow healing
- ◆ Trouble tasting food



Watch for these warning signs (that can be masked by smoking):

- ◆ Red, sore, or swollen gums
- ◆ Bleeding gums
- ◆ Gums pulling away from your teeth (so your teeth look longer)
- ◆ Loose or sensitive teeth
- ◆ Bad breath
- ◆ A bite that feels different
- ◆ Dentures (false teeth) that do not fit well

Tell your dentist:

- ◆ About your health
- ◆ If you have diabetes (or pre-diabetes)
- ◆ What medicines you take, including aspirin
- ◆ About any changes in your teeth and gums (whether painful or not)
- ◆ If you have any problems with chewing, bleeding or sore gums, sore or loose teeth
- ◆ To inform your doctor about any problems you have with your mouth

**Even people with no teeth can have problems in the mouth.
If you have dentures – you should still see the dentist!!**