

# ORAL HEALTH TIPS FOR MANAGING YOUR DIABETES

**Diabetes can affect any part of your body. You can do something about it.**

If you have diabetes, make sure you take care of your whole body, including your mouth. Diabetes is diagnosed when your blood sugar is too high. Blood flows through every part of your body, so your whole body needs your care. Even if you feel fine, the high blood sugar can harm your eyes, mouth, kidneys, nerves and more. It can also lead to heart disease or a stroke. The good news is you can prevent most of these problems by keeping your blood sugar under control, eating healthy, getting exercise and working with your doctors.

**You are doing a great job by seeing your dentist!**

If you have diabetes, make sure to keep taking good care of your mouth. People with diabetes are at risk for mouth problems, especially gum disease. Gum disease can damage the gum and bone that hold your teeth in place and may lead to painful chewing problems and even tooth loss. Gum disease also makes it hard to control your blood sugar. Blood sugar is in your saliva – the fluid in your mouth that makes it wet. When diabetes is not controlled, you will have extra blood sugar in your saliva. The extra blood sugar helps bacteria (germs) grow. This can lead to tooth decay and cavities.

## DIABETES CAN AFFECT ANY PART OF YOUR BODY.

You can do something about it.

### STEPS FOR SUCCESS

- Keep your blood sugar, blood pressure, and cholesterol numbers as close to your goal as possible.
- Take your diabetes medication as directed by your doctor.
- Eat healthy meals and exercise.
- Take care of your feet.
- Brush and floss your teeth every day.
- Visit your dentist and doctor regularly.
- Quit smoking. Smoking makes gum disease worse. Your doctor or dentist can help you quit.

