High blood sugar leads to gum disease.  
Gum disease leads to high blood sugar.

Diabetics are 3 times more likely to have gum disease than non-diabetics.

High blood sugar can cause:
- Swollen gums that easily bleed
- Dry mouth
- Slow healing, mouth sores or cuts
- Increased risk of dental infections
Diabetes

Signs of Gum Disease:

- Red, swollen gums
- Gums that bleed easily
- Loose teeth
- Frequent bad breath

What Can You Do:

- Control blood glucose levels to prevent dental problems.
- Schedule regular dental and medical visits.
- Take care of your mouth with daily oral care including brushing and flossing.
- Tell your dentist that you have diabetes.

Do not ignore the warning signs! Prevention and proper care can improve both dental and overall health.