

# Diabetes



## Oral Health is Essential to Overall Health

—It's a Two Way Street—

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.