



Diabetes and Oral Health

29.1 million people in the U.S. have diabetes

High levels of glucose in diabetics' saliva raises bacteria growth in the mouth, increasing susceptibility to oral disease.



Having diabetes can promote periodontal disease



Having periodontal disease is a risk factor for developing Type 2 diabetes

Symptoms of periodontal disease:

- Red, swollen or tender gums or other pain in the mouth
- Bleeding while brushing, flossing or eating hard food
- Gums that are receding or pulling away from the teeth
- Loose or separating teeth
- Sores in the mouth
- Persistent bad breath

Oral health problems + diabetes

- Periodontal (gum) disease
- Tooth decay and loss
- Diminished flow of saliva
- Burning sensation of the mouth or tongue
- Oral infections
- A change in the way the teeth fit together
- Impaired taste

What you can do

Inform your dentist about your diabetes and develop a plan, such as proactive procedures, antibiotic therapy, more frequent dental cleanings and the use of medicated oral rinses at home. Schedule dentist appointments in the morning, as blood glucose levels tend to be under better control at that time of day. Practice good oral hygiene: Brush your teeth twice a day and remember to floss!



The Power of Smile™

Learn more about how your oral health connects to your overall health at:
[DeltaDentalMN.org](https://www.DeltaDentalMN.org)

© 2022 Delta Dental of Minnesota and its affiliates. All rights reserved. Delta Dental of Minnesota is an authorized licensee of the Delta Dental Plans Association of Oak Brook, Illinois.

DDMN.7.28.22