



HEALTHY SMILES FOR PEOPLE WITH DIABETES

If you have diabetes, it's important to take good care of your teeth and gums. Why? Gum disease can make your diabetes harder to control. And if you don't have diabetes, good dental care can lower your chances of developing periodontal (gum) diseases.

deltadentalmn.org/oral-health

It's easy to smile when you feel good. LifeSmile is a wellness program that's part of your Delta Dental benefits provided by your employer. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.



The Diabetes-Gum Disease Connection:

- What's the connection? Research suggests that the relationship between gum disease and diabetes is a two-way street. One disease impacts the other. Over time, it can become a vicious cycle.
- Because diabetes reduces the body's ability to fight infection, the gums are likely to be affected.
- Periodontal (gum) disease is an infection of the gums and bone. People with uncontrolled blood sugar have a tendency to develop periodontal diseases more often and more severely. They're also more likely to lose more teeth than people who have their diabetes under control.
- If you do have diabetes, be sure to tell your dentist.

Managing Mouth Care With Type 2 Diabetes

People with Type 2 Diabetes tend to have more problems with their teeth and gums if their blood glucose remains high. Here are some smart ways you can help protect your teeth and gums from developing oral infections:

- Get your teeth and gums cleaned and checked regularly.
- Brush at least twice a day with a soft toothbrush. Pay special attention to the gum line.
- Floss at least once a day.
- Call your dentist if you have red, sore, or bleeding gums or a sore tooth.
- Follow your doctor's dietary recommendations.
- Don't forget to take your medicine.
- Try to exercise at least 30 minutes most days. Consult with your doctor first.
- Check and record your blood glucose each day.

Healthy Smile, Happy Life: Keeping your smile healthy is the first step in keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral wellness and overall health throughout the year, make sure to bookmark deltadentalmn.org/oral-health.