DIABETES
AND YOUR TEETH

High blood sugar can cause problems with your teeth, gums, and mouth.

What can you do?
You can prevent problems and take good care of your teeth and gums if you:

- Control your blood sugar
- Brush and floss your teeth with a soft toothbrush after meals
- Check your teeth and gums every day for any problems
- Call the dentist if you have sore or bleeding gums, white spots, or a bad taste in your mouth for more than a few days. You could have an infection.
- If you smoke, Quit! Smoking is bad for almost everything, including your teeth
- See the dentist at least every 6 months for a checkup. Be sure to tell your dentist that you have diabetes.

Good blood sugar control is the key to healthy teeth and to healthy living with diabetes.

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