



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: **Diabetes and Oral Health**



How does diabetes affect your oral health?

- High blood sugar can lead to inflammation of the gums.



How should you know if you have an infection in your teeth and gums?

- Bleeding gums when you brush or floss
- Red, swollen, or tender gums
- Changes in the fit of your dentures
- Pus between the teeth and gums
- Bad breath



What can occur as a result of unregulated blood sugar?

- Gum disease
- Dry mouth
- Thrush, a fungal infection



How should you keep your teeth and gums healthy?

- Brush your teeth just before bed at night
- Floss at least once a day
- Keep your dentures clean
- Call your dentist immediately if you have problems with your teeth or gums

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