

ORAL HEALTH FOR PEOPLE WITH DIABETES



People with diabetes must take special care of their gums and teeth because they are at a greater risk of suffering oral health problems. It is common for them to not feel pain in their mouths, but all the same they must pay attention to any warning signs their body may give them.

Warning signs

- Gum sensitivity
- Gums that bleed when brushing or flossing
- Gums that pull away from the teeth, causing the tooth's root to be seen or making the tooth look longer
- Pus between the teeth and the gums when pressed
- Bad breath
- Loose or separated teeth
- Changes in how partial dentures or bridges fit

Most common diseases

Gingivitis – an inflammation of the gums caused by accumulation of plaque and bacteria.

Periodontitis – a gum infection; it is caused by untreated gingivitis. It is the main cause of tooth loss in adults.

Aphthae (aphthous ulcers, thrush) –a fungal mouth infection.

Dry mouth – it may be caused by medications or high glucose levels.

Preventive measures

- Control your blood sugar levels.
- Brush your teeth at least twice a day and floss every day.
- Visit your dentist for your regular checkups (every six months).

Remember to take care of your smile by controlling your blood sugar daily.