
How Can I Keep My Teeth and Gums Healthy?

-  Keep your blood glucose as close to normal as possible.
-  Use dental floss at least once a day.
-  Brush your teeth with a fluoride toothpaste after each meal and snack.
-  Visit your dentist and get a cleaning every 3 or 4 months.
-  If you smoke, talk to your dentist or doctor about quitting.
-  Sip water throughout the day if your mouth gets dry.
-  Make sure your dentist knows you have diabetes.
-  If you do not have teeth or wear a denture or partial, report to your dentist or physician any changes in your gum tissue.



Michigan Department
of Community Health



Rick Snyder, Governor
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www.DPACMi.org

For more information on diabetes contact the Michigan Department of Community Health- Diabetes and Kidney Disease Unit

www.michigan.gov/diabetes

517 335-8853

For more information on diabetes and oral health contact the Michigan Department of Community Health- Oral Health Program

www.michigan.gov/oralhealth

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Diabetes and Oral Health



Michigan Department of
Community Health
and
Michigan Diabetes
Partners in Action
Coalition



Diabetes Affects Your Oral Health — Your Oral Health Affects Your Diabetes



The American Diabetes Association defines diabetes as a disease in which the body does not produce or use insulin properly. Insulin is needed to convert foods into energy for proper bodily function.

People with diabetes are more at risk for mouth infections, especially periodontal (gum) disease. People with diabetes are two to three times more likely to have chronic gum infections and are at greater risk of losing teeth.

Research suggests that periodontal infections in the mouth make it harder for people with diabetes to control blood glucose (sugar).

Certain medications used by people with diabetes can dry the mouth resulting in the increased risk of dental decay.

Smoking makes it more likely to have oral disease especially if you have diabetes and are age 45 or older.



What is periodontal (gum) disease?

Periodontal disease (gum disease) is an infection of the gum tissue, bone and attachment fibers around the teeth. It is caused by bacteria in the plaque that constantly forms on the teeth. Plaque is a colorless, sticky coating that multiplies in the presence of sugar and starchy foods.



The bacteria in the plaque can multiply and produce toxins which irritate the gums and cause infection. The gums can become red and swollen and bleed easily. This may be painless. Eventually, the infection destroys the bone and supporting tissues around the teeth resulting in tooth loss.



Advanced periodontal (gum) disease



Adult dental decay

Oral Symptoms of Diabetes

- * Red, swollen gums that bleed easily.
- * Gums that pull away from the teeth.
- * Abscesses (pus between and around the teeth).
- * Fungal infections (creamy or yellow spots on your gums that can bleed easily)
- * Persistent bad breath; fruity, acetone odor
- * Bad taste
- * Burning sensation of the tongue or mouth
- * Dry mouth
- * Delayed healing in the mouth
- * Increased dental decay

