

Diabetes and Dental Care

Bayer Health Facts



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What is the Connection Between Diabetes and Gum Disease?



Did you know that having diabetes can increase your risk for gum disease? Why should you be concerned about gum disease? Gum disease

can cause pain while chewing or cause tooth loss. Gum infections can lead to heart disease. Having gum disease can make it much more difficult to manage your blood sugar levels. The good news is that you can reduce your risk of gum disease by managing your blood sugar and by taking care of your teeth and gums.

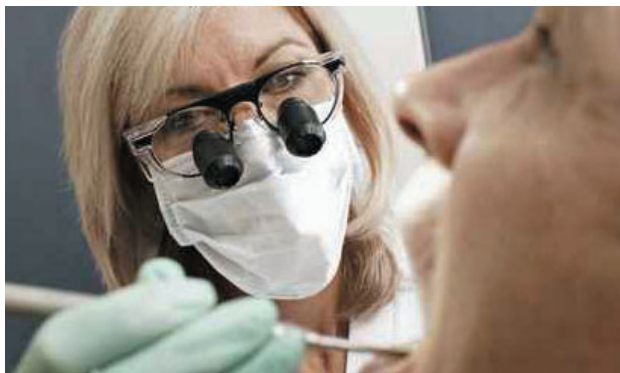
“A smile can brighten the darkest day.”

Source unknown

What Are the Symptoms for Tooth and Gum Disease?

It is important to know that you may not have any symptoms of gum disease. That is why you should see your dentist on a regular basis. Listed below are some symptoms you may experience if you have gum disease:

- Bad breath
- Red, swollen or tender gums
- Loose teeth
- Gums that bleed when you brush your teeth
- Pus between the teeth and gums
- Gums that have pulled away from your teeth
- Mouth sores
- Mouth pain
- A change in the way your teeth or dentures fit together when you bite down



What Can I Do to Keep My Teeth and Gums Healthy?

Follow these tips to reduce your risk of gum disease and save your smile:

- Keep your blood sugar as near normal as possible.
- Don't smoke or use chewing tobacco. This is very important since they are among the most preventable risk factors for gum disease.
- Have your teeth cleaned every 6 months (or more often if recommended by your dentist).
- Use a power (oscillating or sonic) toothbrush. It may help remove plaque better than a regular or manual toothbrush.
- Brush at least twice daily.
- Floss daily.
- Replace your toothbrush every 3-4 months.
- Consider using an over-the-counter antibacterial mouthwash or a prescription antibiotic rinse prescribed by your dentist.
- Maintain a healthy diet. Limit foods with added sugars such as regular sodas, candy and cookies. Eating a healthy, balanced diet will also help you fight infections better.
- Snack wisely. If you need to snack between meals, choose healthy foods such as fruit, raw vegetables, and cheese.
- Although it's not a substitute for brushing, chewing sugar free gum for 20 minutes after a meal or snack may help prevent tooth decay.



Gum Disease Can Be Successfully Treated

If you already have gum disease, you may need a deeper or more intense cleaning of your teeth and gums. You also may need more frequent visits to your dentist, especially if your blood sugar is not under control. Additionally, your dentist may suggest a special mouth rinse or toothpaste to help manage the gum disease.

For more serious problems your dentist may recommend surgery. If you are having surgery, have your dentist call your doctor. Your diabetes medication may need to be adjusted to help manage your blood sugar. Also, unless it's an emergency, it is best if your blood sugar is under good control before you go through surgery. Having your glucose under control may help with healing after your surgery.

Your Visit to the Dentist

- Inform your dentist that you have diabetes and any related complications.
- Let your dentist know if you are having symptoms of a gum infection such as bleeding, sore or swollen gums, mouth ulcers, pain, or loose teeth.
- Tell your dentist if you have dry mouth, since it may lead to a greater chance of developing cavities.
- Bring a list of your diabetes medications and physician contact information to your dental appointment.
- To reduce the chance of low blood sugar occurring during your visit, eat your meals and take your medications on your usual schedule. Bring your blood glucose monitor to your appointment so you can test if necessary.





Caring for your teeth and gums means you are also taking care of your diabetes. Save

your smile by managing your blood sugar, brushing and flossing your teeth regularly, and seeing your dentist at least twice per year. To learn more about managing your blood sugar, see our Bayer Care Health Facts brochure, Blood Sugar Testing.

References:

American Dental Association

American Diabetes Association

Clinical Diabetes

Diabetes Care

Journal of the International Academy of Periodontology

The Diabetes Educator

www.cdc.gov

www.fda.gov

www.my.clevelandclinic.org

www.ndep.nih.gov

www.perio.org

www.umm.edu

Good oral care can play an important role in managing the oral health complications of diabetes. Crest® Pro-Health® toothpaste can help. Crest Pro-Health toothpaste has been proven to help stop the bacteria that can cause gingivitis – an early form of gum disease. Plus, it protects all these other areas dentists check most: Cavities, Plaque, Sensitivity, Whitening, Tartar Build-Up and Breath.



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Remember, keeping your blood sugar controlled, seeing your dentist regularly, and taking good care of your gums and teeth can reduce your risk of developing gum disease.

For more information about Diabetes Care Systems and support from Bayer, or help with your diabetes testing supplies, call our Customer Care Specialists at [1-800-348-8100](tel:1-800-348-8100) (24 hours, 7 days a week).

www.bayerdiabetes.com/us

For more help in managing your diabetes, see a diabetes educator. To find an educator: www.diabeteseducator.org



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