

Taking Care of Your Teeth

Have your teeth cleaned and screened at least once a year by a dentist.

Dental infections can make your blood sugar go up, so should be prevented.

People with diabetes are more likely to have problems with their teeth and gums.

Signs that you have dental problems:

- ⇒ Loose or missing teeth
- ⇒ Sore, swollen, and red gums that bleed when you brush your teeth (called gingivitis)
- ⇒ Your gums shrinking or pulling away from your teeth (called periodontitis)

What can I do?

- Brushing and flossing your teeth **at least twice a day** is even more important now that you have diabetes.
- Use a soft brush and fluoride toothpaste.
- Keep your blood sugar closer to normal to prevent or delay dental disease.