

# DIABETES AND YOUR TEETH



High blood sugar can cause problems with your teeth, gums, and mouth.

## **What can you do?**

You can prevent problems and take good care of your teeth and gums if you:



- Control your blood sugar
- Brush and floss your teeth with a soft toothbrush after meals
- Check your teeth and gums every day for any problems
- Call the dentist if you have sore or bleeding gums, white spots, or a bad taste in your mouth for more than a few days. You could have an infection.
- If you smoke, Quit! Smoking is bad for almost everything, including your teeth
- See the dentist at least every 6 months for a checkup. Be sure to tell your dentist that you have diabetes.

Good blood sugar control is the key to healthy teeth and to healthy living with diabetes.

