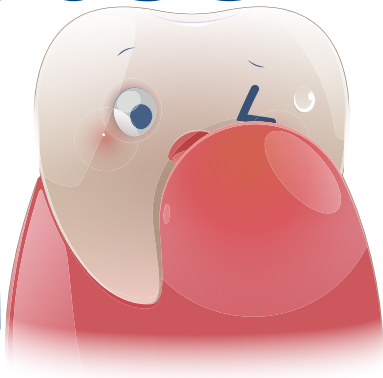


Diabetes and gum health



If you have diabetes, follow these steps:



Avoid sugary snacks between meals



Brush twice a day with fluoride toothpaste



Use interdental aids to improve your gum health



Visit a dentist for routine checkups. Be sure to tell the dentist that you have diabetes.



Quit smoking Smoking makes gum disease worse. A physician or dentist can help you quit.

Did you know **diabetes** can also cause problems in your mouth?

People with diabetes are more likely to develop periodontal (gum) disease, an infection affecting the tissues that support your teeth. This condition can worsen due to inadequate brushing and cleaning between teeth, which lead to plaque buildup.

Periodontal disease can lead to pain, persistent bad breath, chewing difficulties, and even tooth loss.



Use the QR code to find nearby dental clinics.

NHS

Eileanan Siar
Western Isles

Sometimes people notice that their gums bleed when they brush and floss. Others notice dryness, soreness, white patches, persistent ulcers (over 2 weeks), soft tissue changes or a bad taste in the mouth. All of these are reasons to **visit the dentist**.

Remember, good blood glucose control can help prevent mouth problems.

Take steps to keep your mouth healthy.

Call the **Dentist** when you notice a problem.

