



What is Diabetes and How Can it Impact Your Oral Health?

Learn more about this health concern and how it affects your mouth

Diabetes is a chronic, long-lasting health condition that affects how the body turns food into energy and the ability to manage blood sugar levels. Diabetes can cause serious health problems like heart disease, vision loss, stroke, and kidney disease, as well as oral health issues.



How Does Diabetes Affect Your Mouth?

- Diabetes may cause dry mouth, which can lead to tooth decay.
- Diabetes can also make it harder to taste food.
- Small cuts or sores inside the mouth can become infected more easily with diabetes.
- The gums may become irritated and sensitive, and bleed during teeth brushing or flossing. These are possible signs of early gum disease, called gingivitis.
- Over time, gums can pull away from the tooth, bone can be lost, and teeth may loosen or fall out.
- Gum disease can become more severe and make it harder to control your diabetes.



How to Keep Your Mouth Healthy

- Brush teeth twice a day with fluoride toothpaste.
- Floss teeth once a day.
- Visit the dentist twice a year for cleanings, x-rays, and checkups.
- Tell your dentist if you have diabetes.
- If gums are red, swollen, or bleed easily, see the dentist. These may be signs of gum disease.
- Stop smoking as it increases the risk of gum disease and can worsen diabetes.

Sources: <https://www.cdc.gov/diabetes/diabetes-complications/diabetes-and-oral-health.html>

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