

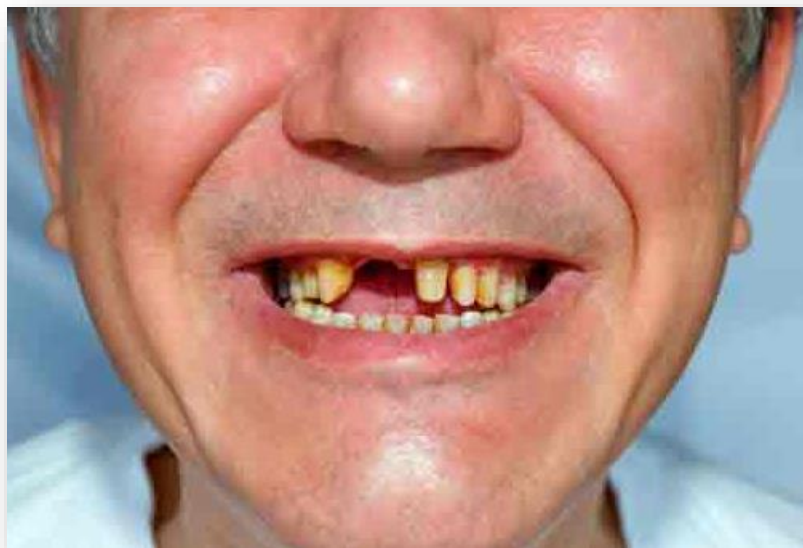
# Diabetic Mouth Care



Diabetes is a chronic condition that affects millions of people around the world. People with diabetes are at an increased risk of developing oral health problems. This patient information brochure aims to provide important information about diabetic mouth care to help patients maintain good oral health.

### **The Link Between Diabetes and Oral Health**

Diabetes can increase the risk of developing dental problems such as gum disease, cavities, dry mouth, and infections. High blood sugar levels can lead to a buildup of plaque, which can cause inflammation of the gums and lead to gum disease. Gum disease can cause pain, swelling, and bleeding of the gums, and can eventually lead to tooth loss.



Diabetes can also cause dry mouth (Xerostomia), a condition where the mouth does not produce enough saliva. Saliva helps to wash away food particles and bacteria from the mouth, so a lack of saliva can increase the risk of cavities and gum disease. Infections can also occur more frequently in people with diabetes, including fungal infections such as thrush, and bacterial infections such as gum abscesses.



## **Diabetic Mouth Care Tips**

There are several steps that people with diabetes can take to maintain good oral health.

### **Control Blood Sugar Levels**

The most important step in maintaining good oral health is to control blood sugar levels. High blood sugar levels can increase the risk of developing dental problems, so it is important to monitor blood sugar levels regularly and follow a healthy diet and exercise plan as prescribed by your doctor.

### **Brush and Floss Regularly**

Brushing twice a day and flossing once a day can help to remove plaque and prevent gum disease. It is important to use a soft-bristled toothbrush and fluoride toothpaste. Flossing helps to remove food particles and plaque from between teeth and along the gumline.

## **Use an Antiseptic Mouthwash**

An antiseptic mouthwash can help to kill bacteria and freshen breath. It is important to choose a mouthwash that does not contain alcohol, as alcohol can cause dry mouth and irritate the gums.

## **Visit Your Dentist Regularly**

Regular dental checkups are important for maintaining good oral health. Your dentist can detect early signs of dental problems and provide treatment before they become more serious. It is recommended that people with diabetes visit the dentist at least twice a year.

## **Inform Your Dentist About Your Diabetes**

It is important to inform your dentist about your diabetes and any medications you are taking. This information can help your dentist to provide appropriate care and treatment.

## **Conclusion**

Maintaining good oral health is important for everyone, but especially for people with diabetes. Diabetes can increase the risk of developing dental problems, including gum disease, cavities, dry mouth, and infections. Controlling blood sugar levels, brushing and flossing regularly, using an antiseptic mouthwash, visiting your dentist regularly, and informing your dentist about your diabetes are all important steps in maintaining good oral health. If you have any concerns about your oral health or need additional information, talk to your dentist or healthcare provider.