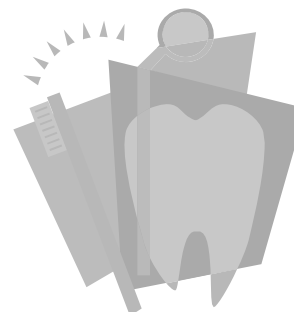


DIABETES & GUM DISEASE

When you have diabetes, your chances of getting gum disease increase.

There are more bacteria in your mouth right now than there are people on Earth. If those germs settle into your gums, you have gum disease. "Not me?" you say. Here are the facts:

- More than half of all adults have at least the early stages of gum disease.
- About 90 percent of adults have gum disease during their lives.
- If you have diabetes, you are at higher risk for gum problems. People with diabetes tend to have more gum disease and infections. Poor blood glucose control makes gum problems more likely.
- Gum disease can start at any age. Children and teenagers who have diabetes are at greater risk than those who don't have diabetes. Just when you thought the news was all bad, remember, there is a lot you can do to fight gum disease:
 - Learn how gum problems start.
 - Brush your teeth twice a day.
 - Floss your teeth every day.
 - Look for early signs of gum disease.
 - Visit your dentist at least twice a year.



Source:

- American Diabetes Association Website www.diabetes.org

Prepared by:

Sharlee Shirley Burch, RDH, MPH
 UK College of Dentistry, Extension Health Specialist
 UK Cooperative Extension HEEL Program
 June 2005

UK
 UNIVERSITY
 OF KENTUCKY
 Health Education
 through
 Extension Leadership

For more information on health in Kentucky, please visit:

www.ca.uky.edu/HEEL

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.