

## Dental Care and Diabetes



Dental care and good blood sugar control will help prevent the development of cavities and tooth and gum disease (periodontal disease).

- If blood sugar remains high for a long time it can cause loss of teeth.
- High blood sugar slows healing and contributes to a poor blood supply to the teeth and gums.
- High blood sugar interferes with the infection fighting white cells and encourages the growth of bacteria.



People with poor blood sugar control get gum infections and tooth decay more often and more severely than others.

- Brush teeth and gums at least twice a day.
- Use a soft toothbrush.
- Floss teeth at least once a day.
- See the dentist and dental hygienist at least twice a year.



Tips to follow when visiting the oral health care practitioner:

- Blood sugar should be in control before any major dental work is done
- Early morning appointments may be best because blood sugar may be in better control
- Keep appointments short (less stress on the body)
- Take insulin or medications as you normally would before a dental visit

**Source:**

- Kentucky Diabetes Control and Prevention Program

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