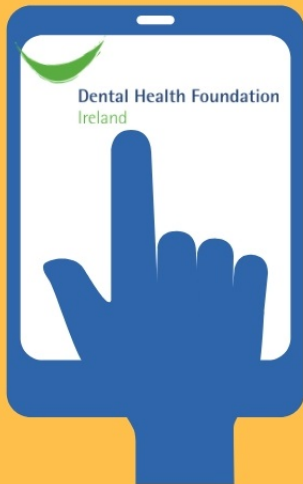


Check in with your Oral Health



Diabetes and Oral Health

13- 17 years

If your diabetes is not well controlled you are at a higher risk of developing oral health problems such as gum disease, dry mouth and oral infections.

Here are some tips to help you stay in control and reduce your risk.



www.dentalhealth.ie
info@dentalhealth.ie





Dental Health Foundation
Ireland

Diabetes
Ireland
www.diabetes.ie


**For tips please
turn over**

It is important to continue to visit your Dentist every 6-12 months. Always advise your dentist that you have diabetes.

Tooth Tips

- ✔ Brush teeth twice a day at bedtime and one other time with a fluoride toothpaste (at least 1,000ppm). 
- ✔ Brush for 2-3 mins. Spit after brushing, don't rinse. 
- ✔ Floss daily.
- ✔ If you wear braces, brush thoroughly every time you eat. Carry a travel toothbrush.
- ✔ Rinse your mouth with water after taking fast acting carbohydrates e.g. for hypoglycemia treatment.
- ✔ Make healthy food choices. Follow the advice of your Doctor/ Diabetes Team.

Infection


- ✘ Those with diabetes have a higher risk of oral infections such as thrush. 
- ✘ Signs of thrush are white or red patches in the mouth. Talk to your G.P or Dentist. Risk factors for thrush are high blood glucose levels and frequent antibiotic usage.
- ✘ Mouth & tongue piercings can lead to infections, chipped teeth or damaged gums.

Gum Disease

- ✘ People with diabetes have a greater risk of gum disease. Gum disease can make it more difficult to control diabetes.
- ✘ Signs of gum disease are gums that bleed when brushed, receding gums & bad breath.
- ✔ Good oral hygiene, controlling your blood glucose and regular dental visits can help reduce your risk.



Dry Mouth

- ✘ Dry mouth increases the risk of tooth decay. Saliva substitutes and sipping water can help relieve dry mouth. Sugar free gum can increase saliva production.
- ✘ Avoid sucking sweets or drinking sweet drinks (even sugar free ones) as these can cause tooth decay. 

Smoking & Alcohol*

- ✘ Smoking increases your risk of gum disease, mouth cancer, bad breath and stained teeth.
- ✘ Alcohol is a risk factor for mouth cancer and can increase your risk of hypoglycemia.

* It is illegal for anyone under the age of 18 to purchase tobacco or alcohol products in the Republic of Ireland.