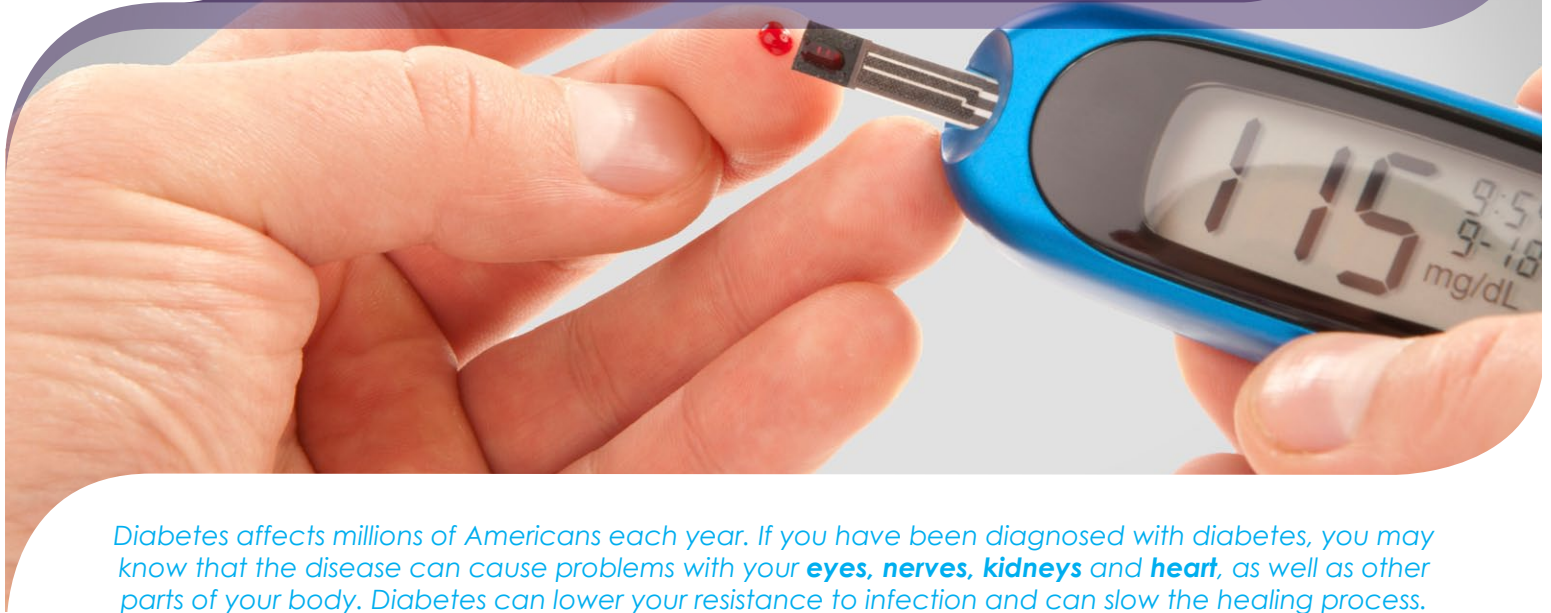




LIBERTY cares about more than just teeth!

Adult Care

fact sheet: Diabetes and Oral Health



Diabetes affects millions of Americans each year. If you have been diagnosed with diabetes, you may know that the disease can cause problems with your **eyes, nerves, kidneys and heart**, as well as other parts of your body. Diabetes can lower your resistance to infection and can slow the healing process.

Oral Health Problems

The most common **Oral Health Problems** associated with diabetes:

- Tooth decay
- Periodontal (gum) disease
- Salivary gland dysfunction
- Fungal infections
- Lichen planus and lichenoid reactions (inflammatory skin disease)
- Infection and delayed healing
- Taste impairment

Periodontal Disease is often linked to diabetic control. For example, patients with inadequate blood sugar control appear to develop periodontal disease more often and more severely, and they lose more teeth than do people who have good control of their diabetes. **See your dentist immediately if you notice any of the following:**

- Gums that bleed easily
- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Pus between the teeth and gums when the gums are pressed
- Persistent bad breath or bad taste in mouth
- Permanent teeth that are loose or separating
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures

What you can do:

1 Get your diet in check

Follow your doctor's diet & exercise advice. Eat 5 smaller meals per day and follow the same eating time schedule to prevent insulin spikes. The bulk of your diet should be **Low GI (glycemic) carbohydrates**.

- For diet tips see our LIBERTY AdultCare help sheet: *Healthy Nutrition Tips*

2 Keep active daily

Stay active every day. Walk the neighborhood twice a day or ride a stationary bike for 10 minutes in the morning and afternoon. Exercise promotes blood circulation.

3 Learn more:

American Diabetes Association®:
www.diabetes.org