



Adult Care

LIBERTY cares about more than just teeth!

Diabetes and Oral Health Prevention

Diabetes affects over 30 million Americans each year. It is the 7th leading cause of death

If you have been diagnosed with diabetes, you may know that this 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.

The most common Oral Health problems linked with diabetes:

- Tooth decay
- Gum disease
- Salivary gland problems
- Fungal infections
- Oral inflammatory tissue disease
- Delayed healing from infections
- Altered taste

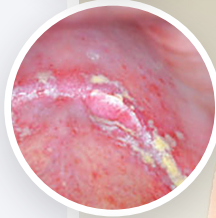
Gum Disease is often linked to the control of diabetes. For example, patients with poor blood sugar control appear to develop gum disease more often and more severely. They lose more teeth than people who have good control of their diabetes.

fact:

Diabetes is the 7th leading cause of death

See your dentist immediately if you notice:

- 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 from other teeth
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures



A healthy diet plan that avoids fructose-based processed foods and drinks can dramatically reduce the effects of diabetes



fact:

Practicing proper oral health hygiene and diet safeguards you from the effects of diabetes

Prevention lowers the risks of diabetes

If you have not been seeing a dentist regularly, it is crucial that you do. Your dentist can help inform you how diabetes affects your oral health. Also, by practicing daily proper oral health hygiene and following a nutrition plan you will preserve your health.

Follow a proper oral health plan

Visit your dentist for cleanings. Seeing your dentist regularly allows your dentist to check for and remove any bacterial infections or swelling before they lead to more serious health problems.



What you can do:

- 1 Get your diet in check**
Follow your doctor's diet and exercise advice. Consider eating 5 smaller meals per day, and follow the same eating time schedule to prevent insulin spikes.

Avoid processed foods/drinks with fructose-based sugars.

- 2 Daily oral health hygiene**
Brush your teeth 2X day for 2 minutes. After meals, rinse your mouth with water to prevent plaque from forming on your teeth and gums.