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BlueBenefitsWork

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Oral Health is Especially Beneficial to Diabetics

More than 20 million people in the United States have diabetes according to the National Institute of Diabetes, and the percentage of diabetics grows with age. Understanding the importance of oral care in controlling diabetes can help you maintain health care costs.

People with diabetes are more likely to have gum infections, increasing the possibility of tooth decay, gingivitis and periodontal disease. A severe gum infection can be slow to heal and can make it hard to control blood glucose levels. In addition, people with diabetes often have less saliva, causing “dry mouth”. Saliva helps get rid of harmful bacteria and when there is not enough, it can lead to bacterial decay.

However, here are some tips about dental care and controlling their diabetes:

1. See your dentist every six months. Tell your dentist you have diabetes and ask what you can do to keep your teeth and gums healthy.
2. Brush your teeth at least twice a day and floss at least once a day.
3. Call your dentist if your gums bleed when you eat or brush. Also call your dentist if you notice any changes in your mouth such as white or red patches.
4. Living with diabetes puts you at greater risk for gum infections, but taking good care of your mouth will help you control your blood sugar.