



YOUR DENTAL TEAM WANTS TO KEEP YOUR MOUTH HEALTHY.

People living with diabetes are three times more likely to develop gum disease and are at a higher risk for other oral health problems.

TELL THE DENTAL TEAM IF YOU ARE HAVING ANY OF THE FOLLOWING ISSUES:

- Dry mouth
- Bad breath
- Loose Teeth
- Bleeding gums
- Tooth/Mouth pain
- Mouth/Canker sores
- White coating in the mouth/Thrush.
- Changes in the way your teeth fit when biting.
- Changes in the fit of partials or dentures.

WHAT TO DO IF YOU HAVE DRY MOUTH:

- Sip water often.
- Control blood sugar.
- Eat sugar-free candy.
- Chew sugar-free gum.
- Use saliva substitutes.

Dentist's Name

Dentist's Phone Number



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**



**NC Department of Health and Human Services
Division of Public Health • Oral Health Section**

<https://publichealth.nc.gov/oralhealth/>

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03/2021



What You Need To Know About Diabetes and Oral Health



FAQ

DENTAL CONCERNS FREQUENTLY ASKED QUESTIONS

1. Why is my mouth dry all the time?

High blood sugar and many medications can cause dry mouth, which can lead to cavities.

2. What are the warning signs of gum problems?

Bleeding gums when you brush or floss is the biggest sign there is a problem. Even if your gums do not hurt, you should have them checked.

3. Should I tell my dentist or dental hygienist that I have diabetes?

Yes, it is important to tell your dentist or dental hygienist about your condition and any changes in your medications. Your dentist may want to postpone any non-emergency dental procedures if your blood sugar is not within target range.

4. When is the best time to schedule my dental appointments?

Plan your dental appointments at a time that works well regarding meals and medications needed to manage your diabetes.



What is the relationship between diabetes and oral health?

Poorly controlled diabetes can weaken the immune system and can cause high levels of sugar in your saliva, which can lead to dental problems such as bone loss, gum disease and tooth decay.

DENTAL PROFESSIONALS ARE ON THE HEALTH CARE TEAM BECAUSE THEY CAN:

- Explain how diabetes affects your teeth and gums.
- Check for any problems, such as cavities or gum disease.
- Address any dental pain and discomfort.
- Provide needed dental care, like cleanings, fillings, and fluoride treatments.
- Control oral infections, such as thrush.
- Work with you and your physician to achieve your best oral health and overall health.

HEALTHY HABITS FOR PEOPLE LIVING WITH DIABETES:

- Control your blood sugar.
- Take your diabetes medications as directed.
- Do not smoke or use tobacco products, including e-cigarettes.
- Visit the dentist regularly.
- Brush twice a day.
- Use fluoridated toothpaste.
- Clean between your teeth daily.
- Use saliva enhancers and substitutes, if needed.
- Eat a well balance diet.
- Avoid sugary foods and drinks.
- Avoid alcohol and illegal drugs.

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- ES 1-800-Déjelo-Ya • 1-855-335-3569
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