

DIABETES AND ORAL HEALTH

Not many people would associate diabetes with dentistry. However, diabetes—a condition that continues to be on the rise in the United States—has a big impact on oral health. Why? Diabetic patients have greater chances of infection and poor wound healing, which also puts them at greater risk for developing oral health problems.¹

DID YOU KNOW?

PERIODONTITIS (SEVERE GUM DISEASE) IS THE MOST COMMON DENTAL DISEASE IN DIABETIC PATIENTS AFFECTING OVER 1 IN 5 DIABETICS.²



DIABETES AFFECTS **29 MILLION** PEOPLE IN THE UNITED STATES³

1.7 MILLION NEW CASES OF DIABETES ARE DIAGNOSED EACH YEAR AMONG PEOPLE 20 YEARS OF AGE AND OLDER³

APPROXIMATELY **\$245 BILLION** IS SPENT EACH YEAR IN THE U.S. ON ORAL CARE FOR DIABETIC PATIENTS³

If you or a loved one has diabetes, continued oral care is essential to your health. Here are a few important things to consider:



Understand your condition. What is your diabetes type and treatment? Is your blood sugar under control? Have there been any recent changes in your medical history? What prescription and over-the-counter drugs do you take? Be sure to tell your dentist.⁴



Understand how it affects your oral health. Don't hesitate to ask your dental health care provider to explain the relationship between diabetes and oral health.⁵



Make sure you know what signs of gum disease to look for. There are several signs and symptoms of gum disease you should be aware of, which if not addressed, can cause further problems. These include gums that bleed easily, loose or separating permanent teeth, or pus forming between the gums when pressed.⁴

For more information and resources on managing your oral health while living with diabetes, visit diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/diabetes-and-oral-health.html

For diabetic patients, rinsing twice a day with ADA-accepted LISTERINE® mouthwash along with brushing and flossing, can help control gum disease.⁴

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