

Keeping Your Teeth and Gums Healthy When You Have Diabetes



People with diabetes have a higher chance of having teeth and gum problems. This is why it is important to manage your blood sugar and take care of your teeth and gums.

Ways to take care of your teeth and gums:



Brush your teeth twice a day.



Floss your teeth each day.



Get a dental exam at least once a year.



Avoid foods and drinks that are high in sugar.



Do not use commercial tobacco, including smokeless and chewing tobacco.



Let your health care team know if you have any of these problems:

- Red or swollen gums
- Pain when chewing
- Loose and shifting teeth
- Bad breath that does not go away
- Sore or bleeding gums when brushing or flossing

