

People with diabetes are more likely to get gum disease.

What Can YOU Do?



Control your blood sugar.

Make healthy food choices.

Be more active.

Check your blood sugar.

Don't smoke.



Take care of your teeth.

Brush your teeth 5 minutes, 2 times a day with a fluoride toothpaste.

Talk with your dental team about ways to prevent plaque build-up.



Have your teeth and gums examined and cleaned once a year and more often if needed.

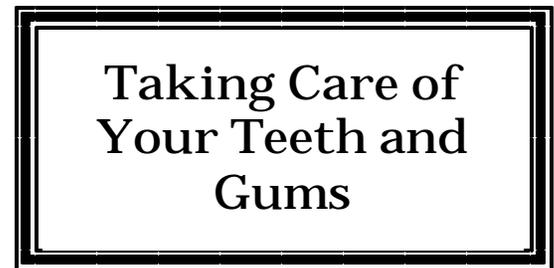
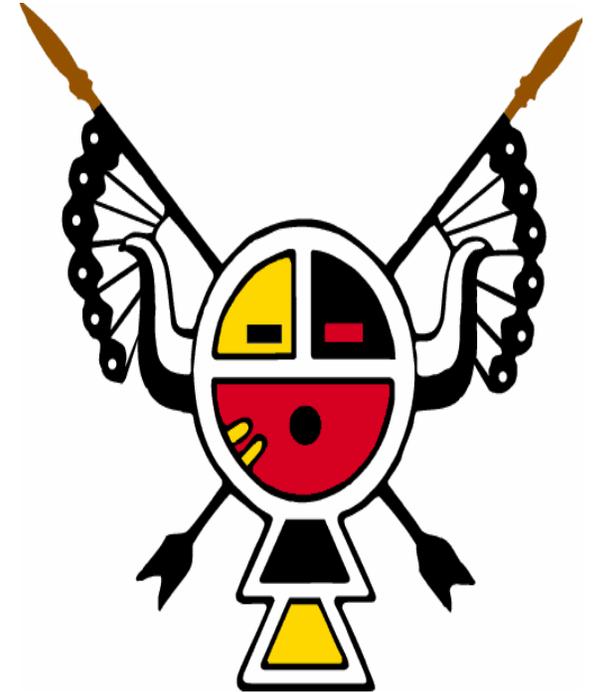
Gum Disease Can Be Prevented!



**For more information
Contact your local dental clinic**

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Adapted from a booklet produced by the
IHS Diabetes Program

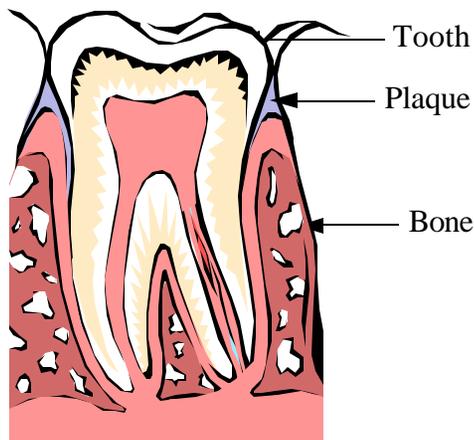
Northwest Tribal Dental Support
Center





Learn More About Diabetes and Gum Disease

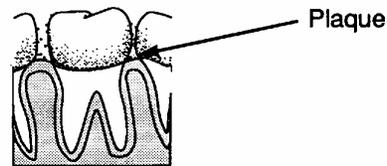
Gum disease starts with plaque (plak) build up. Plaque is a bacteria that everyone has in their mouth. Plaque builds up on teeth and can destroy gums and bone. This is called gum disease or periodontal disease.



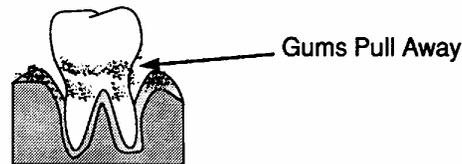
You can lose your teeth if plaque builds up.

What can happen to your teeth with plaque build up?

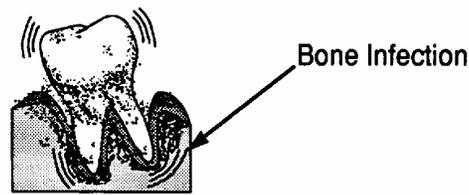
Plaque builds up on teeth, between the teeth and under the gums.



The gums pull away from the teeth and pockets form around the teeth.



The disease spreads into the bone that supports the teeth



Once the bone support is gone, the teeth will get loose and fall out.

How will you know if you have gum disease?

- ✦ Your gums bleed when you brush your teeth or eat.
- ✦ You have bad breath.
- ✦ Your gums feel soft or hurt when you touch them.
- ✦ Your gums pull away from your teeth.
- ✦ Pus comes out from your gums when you press them with your fingers.
- ✦ Any of your teeth are loose or have shifted position.