

# Lesson Plan: Keeping Your Teeth and Gums Healthy When You Have Diabetes



## 🔑 Handout and Key Points

Handout to use: [Keeping Your Teeth and Gums Healthy When You Have Diabetes](#)

This one-page education handout is designed to complement the conversation between the educator and participant. Download or order copies at no cost using the link above.

### Key Points to Discuss:

- People with diabetes have a higher risk for teeth and gum problems.
- Ways to take care of teeth and gums.
- Get a dental exam at least once a year.
- What to do if you have swollen, bleeding, sore gums or loose teeth.

## 🎯 Objectives and Goal Setting

### Objectives

By the end of this lesson, the participant will be able to:

1. Describe how diabetes can affect teeth and gum health.
2. Identify ways to take care of teeth and gums.
3. Recognize the importance of getting a dental exam at least once a year.
4. State steps to take when having teeth and gum problems.

### Goal Setting

Participant will identify ways to take care of teeth and gums and set a goal to get started.

# Keeping Your Teeth and Gums Healthy When You have Diabetes



## Educator Resources

### IHS Division of Diabetes Treatment and Prevention Resources

- A variety of materials can be found on the [Division of Diabetes Clinician Resources](#) and [Standards of Care for Oral Care](#) websites.
- Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.
- [Integrating Case Management Into Your SDPI Diabetes Best Practice](#) [PDF – 290 KB] – Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- [Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice](#) [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.

### Looking for additional materials?

- [NIH: Diabetes: Dental Tips](#)
- [NIH: Diabetes, Gum Disease, & Other Dental Problems](#)



## Participant Materials and Handouts

### IHS Division of Diabetes Treatment and Prevention Resources

Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.

- Keeping Your Teeth and Gums Healthy When You Have Diabetes
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team

