Diabetes and Your Mouth

Over 29 million people in the U.S. have diabetes.¹ This systemic disease affects more than your blood sugar — it can also have serious consequences for dental health.

**PROTECT YOURSELF**

- **Control your blood sugar.** The higher your glucose levels, the greater chance of developing problems.
- **Brush and floss every day.** A strong defense against bacteria goes a long way.
- **Visit your dentist regularly.** Tell your dentist that you have diabetes and what medications you’re taking.
- **Quit smoking.** A dangerous combination, smoking and diabetes restrict the blood flow to your mouth.

**LOOK FOR WARNING SIGNS**

- Red, tender or swollen gums
- Bleeding gums
- Gums that separate from surrounding teeth
- Chronic bad breath or bad taste in your mouth
- Teeth that are loose or separating from each other

See your dentist if you experience any of these symptoms.