

Diabetes and Oral Health



Did you know that diabetes and your oral health are connected?

Patients with diabetes are more likely to have gum disease and less likely to have visited a dentist for preventive care in the past year. Having diabetes means you are at more risk for dental infections and dry mouth.

Key steps to good oral health when you have diabetes:

- ▶ Manage blood sugar levels.
- ▶ Regular dental checkups.
- ▶ Brush and floss daily.
- ▶ Quit smoking.
- ▶ Drink water and chew sugar-free gum to help manage dry mouth.

How to prepare for your dental appointment:

- ▶ Know your most recent A1C number.
- ▶ Take your current medication list to your appointment.
- ▶ Schedule your appointment around your eating schedule to avoid low blood sugar.
- ▶ Be aware that you may have slower healing time after getting dental treatment.



Need help finding a dental provider?

Visit the MHS member portal and click on Find a Provider.

Or, contact MHS Member Services at 1-877-647-4848. (TTY: 1-800-743-3333)



Sources:

· Zhang, Yuqing et al. "Disparities in Preventive Oral Health Care and Periodontal Health Among Adults With Diabetes." Preventing chronic disease vol. 18 E47. 13 May. 2021, doi:10.5888/pcd18.200594
· "Diabetes, Gum Disease, & Other Dental Problems | NIDDK." National Institute of Diabetes and Digestive and Kidney Diseases
· Miller, Aaron, and Aviv Ouanounou. "Diagnosis, Management, and Dental Considerations for the Diabetic Patient | Jcda." Jcda.ca, 7 Apr. 2020, jcda.ca/k8