



## Diabetes and Your Oral Health

Diabetes can impact the state of your mouth. In turn, the health of your mouth can make it more difficult to control your blood sugar.<sup>1</sup> That's why it's especially important for those with diabetes to keep their mouth, teeth, and gums as healthy as possible.

- Diabetes can reduce saliva production and cause dry mouth.<sup>2</sup> High blood sugar from diabetes can increase oral bacteria and contribute to the buildup of gum disease-causing plaque.<sup>1,2</sup>
- Since diabetes makes it harder for the body to fight infection, gum disease may be more severe and harder to treat and maintain.<sup>3</sup>
- If gum disease turns into severe periodontitis, it may impact the body's ability to control blood sugar, making diabetes more difficult to control.<sup>1</sup>

For more information on diabetes and oral health, visit [UnitedConcordia.com/Diabetes](https://www.UnitedConcordia.com/Diabetes).

### Dental exams can make a difference

The good news is that keeping your mouth healthy can make it easier to manage to your diabetes.<sup>2</sup> In order to identify, treat, and/or stop the progression of gum disease, it's important to see your dentist on a regular basis.

- Schedule regular dental visits — depending on your condition, your dentist may recommend more frequent cleanings and exams.
- Tell your dentist about any health conditions, medications, and symptoms.
- Offer to connect your dental and medical professionals to better coordinate your care.
- Talk to your dentist about whether or not you have gum disease and the recommended treatment.
- Review your dental insurance coverage — while insurance may not cover everything your dentist recommends, it's helpful to know what's covered in advance.
- Follow your dentist's recommendations for proper at-home oral hygiene.

1. Oral health: A window to your overall health; Mayo Clinic; October 2021.

2. Diabetes, Gum Disease, and Other Dental Problems; National Institute of Diabetes and Digestive and Kidney Diseases, January 2022.

3. Diabetes; American Dental Association; January 2022.

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