



GUM HEALTH AND DIABETES

Diabetes is a condition in which the blood sugar level is altered in the body, either due to decreased production of insulin or increased resistance to it. Studies reveal that the occurrence of gum disease is more in diabetic patients.



ARE YOU AT THE RISK OF GUM DISEASE?

Diabetics are more likely to have gum disease as they are prone to infections in general. People who do not know they have diabetes, or whose diabetes is not under control, are especially at risk of destruction of the gum tissue.



DID YOU KNOW?

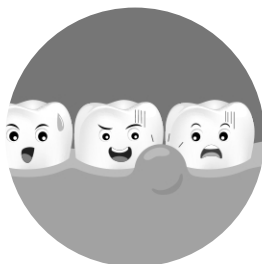
High blood sugar level due to diabetes can make your mouth more prone to infection.



IMPACT OF DIABETES ON GUM HEALTH

When our body fights accumulated plaque bacteria around the gum, it causes swelling and further damages the gum. This also increases the risk of losing teeth.

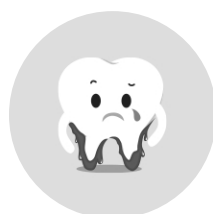
If you are a diabetic, you may find that you heal more slowly. Hence, if you have a problem with your gums, visit your dentist immediately.



LIVING WITH DIABETES. WATCH OUT FOR THESE SYMPTOMS OF FAILING GUM HEALTH



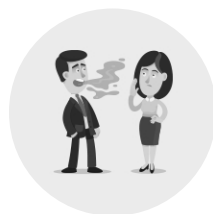
Dry mouth



Inflamed and bleeding gums



Receding gums



Bad breath



Oral fungal infection, candidiasis

Visit your dentist immediately once you experience any of these symptoms.



DID YOU KNOW?

Good blood sugar control can help your body fight any bacterial or fungal infections in your mouth.



FEW DENTAL HEALTH TIPS FOR DIABETIC PATIENTS

- Adopt a healthier lifestyle to control your blood sugar levels. Adhere to your diabetes-related medications as directed
- Brush twice a day with a soft brush and floss daily. Use toothpaste which has Zinc such as Pepsodent GumCare that fights dental plaque and is clinically proven to reduce gum problems
- Avoid smoking
- If you wear any type of denture, clean it each day
- Visit your dentist for regular check-ups

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