



The diabetes and gum disease connection

## 7 teeth to toe tips to help keep you healthy

People living with diabetes are more likely to get gum disease. Unfortunately, those with gum disease have a harder time controlling their blood sugar. HealthPartners is here to help.

### 7 dental health tips

- 1. See your dentist regularly.** Your dentist can help prevent tooth and gum problems before they start.
- 2. Watch what you eat and drink.** Sticky, sugary snacks, soda and fruit juices harm tooth surfaces.
- 3. Floss once a day.** Flossing removes bacteria and plaque in places that your brush can't reach.
- 4. Brush your teeth at least twice a day.** Be sure to get those hard-to-reach spots.
- 5. Avoid smoking.** Smoking limits blood flow in your mouth, making it easier for bacteria to grow. It also increases the risk of oral cancer.
- 6. Tell your dentist about your medications.** Starting a new medication or changing a prescription can affect what happens in your mouth. For example, diabetes medicine can cause dry mouth, which increases cavity risk.
- 7. Control your blood sugar.** This will help keep both your mouth healthy and reduce the chance of dental problems.

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**Learn more**

Get more tips at [healthpartners.com/mouthwise](https://healthpartners.com/mouthwise).

