



Learn how oral health affects diabetes

Studies have shown that living with diabetes increases the chances of gum disease and other oral health problems. And some of these problems can make diabetes harder to manage. There's something to smile about though. You can help avoid many problems by taking good care of your teeth.

Choose to improve oral health

Sometimes we miss the connection between oral health and our overall health. Studies have shown that gum disease is connected to diabetes.

The mouth has both good and bad bacteria. You can help remove bad bacteria by brushing, flossing and seeing your dentist regularly. Oral problems start when bad bacteria isn't removed. In most cases, gum disease starts with plaque.

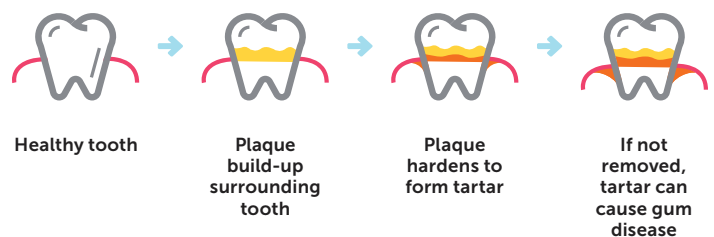
Plaque – A sticky substance that coats your teeth and feels like small hairs when you haven't had a chance to brush your teeth.

Tartar – If plaque isn't brushed or flossed away, it can harden and form tartar below the gum line. Removing tartar requires a trip to the dentist.

Gingivitis – When tartar builds, it can lead to an early form of gum disease known as gingivitis.

If left untreated, gingivitis can develop into a more harmful form of gum disease known as periodontitis.

Bacteria from gum disease can send harmful substances throughout the body. This makes it harder for people living with diabetes to control blood sugar.



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