

Diabetes & Oral Health



If you have diabetes, you are at **GREATER** risk for developing early-stage gum disease (gingivitis) and advanced-stage gum disease (periodontitis), including bone loss.

Take Care of Your Oral Health by:

- Eating a **balanced** and **healthy** diet
- Using diabetes medications **as directed** to control blood sugar levels
- Visiting your dentist **regularly** and be sure to let them know of your diabetes diagnosis
- Brushing your teeth **twice daily** for at least 2 minutes with a fluoride toothpaste
- Flossing **once daily** to remove plaque and food particle build up between the teeth and along the gum line; **preventing** tooth decay and gum disease

440,000

Kentuckians have diabetes

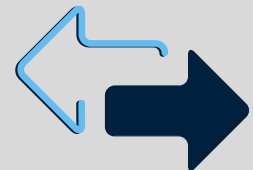


1 in 4 adults over 50 with diabetes suffer from **severe** tooth loss



Diabetes is responsible for **1 in 5** cases of **any** tooth loss

Treating gum disease can improve blood sugar control,



slowing down the progression of your disease

Sources

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Kentucky Public Health

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Oral Health