



Gum Disease and Diabetes

Gum disease is an inflammation (swelling) of the gums that damages soft tissues and destroys bone. Over time, bone loss occurs, which can lead to teeth becoming loose, more painful and, eventually, falling out.

HOW DOES DIABETES AFFECT YOUR MOUTH?

- Increases the amount of plaque (sticky film that forms on your teeth every day). It hardens into tartar and irritates gums. This can lead to gum disease.
- Causes your gums to bleed more easily.
- Increases risk of infection and slower healing.
- Leads to dry mouth, which causes sores in your mouth.
- Causes bad breath because of bacteria build up and/or infections.

WHAT CAN YOU DO TO PREVENT GUM DISEASE?

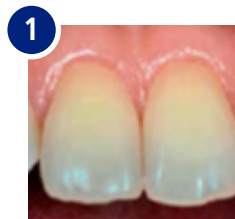
- Keep your blood sugar at the target levels set by your health care provider.
- Brush your teeth at least twice a day with a fluoride toothpaste, and floss daily.
- Avoid tobacco products (smoking, chewing, vaping, etc.) and smoking cannabis.
- Follow recommendations from Canada's Food Guide. Ask for help from your healthcare provider to get information on healthy eating and meal planning.
- Visit your dentist or dental hygienist regularly and talk to them about your diabetes.

HOW DOES GUM DISEASE AFFECT YOUR DIABETES?

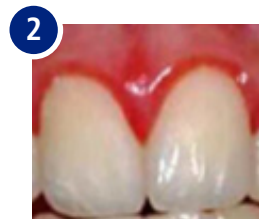
- Raises your blood sugar, which makes controlling diabetes more difficult.
- Increases the risk of developing other problems related to diabetes (eyes, heart, kidneys, and nerve damage).

STAGES OF GUM DISEASE

Diabetes can speed up this process. Watch for changes in your mouth!



- Pink gums
- No bleeding



- Gums are red, swollen, and may bleed easily
- Is reversible



- Early-stage bone loss
- Gums bleed easily
- Gums pull away from teeth
- Irreversible damage to gums and bones



- Teeth may appear longer
- Teeth become loose and can fall out
- Signs from step 3 also apply

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