

## Gum Disease and Diabetes

**Gum disease is an inflammation (swelling) of the gums that damages soft tissues and destroys bone. This can cause teeth to become loose and eventually fall out.**

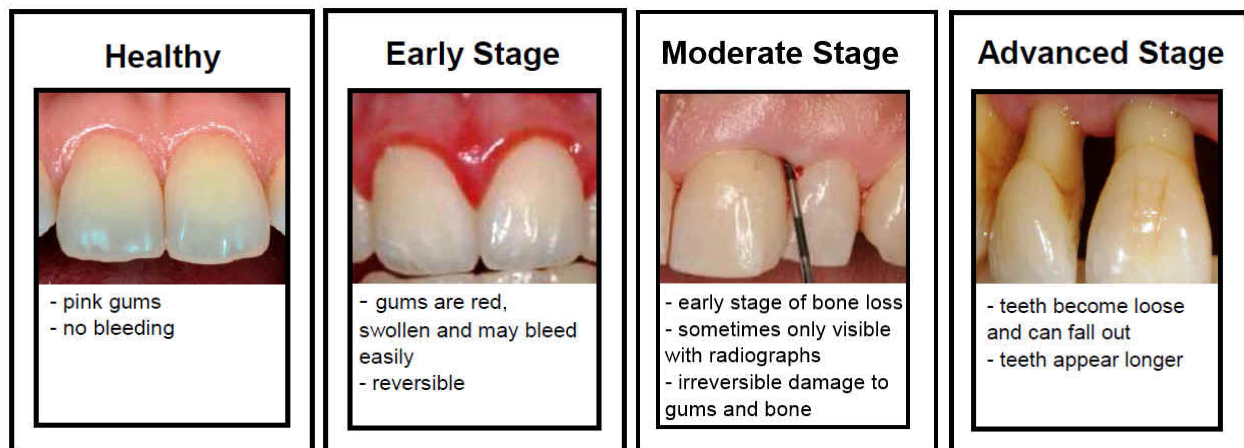
### How does diabetes affect your mouth?

- Increases the amount of plaque (sticky film that forms on your teeth every day)
- Causes your gums to bleed more easily
- Makes it easier to get an infection and harder to heal
- Leads to dry mouth that causes sores in your mouth
- Causes bad breath

### How does gum disease affect your diabetes?

- Raises your blood sugar which can make it more difficult to control your diabetes
- Puts you at risk for other problems related to diabetes, such as in your heart, eyes, or kidneys

### Stages of Gum Disease: Diabetes can speed up this process



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### What can you do?

- Keep your blood sugar at the target levels set by your health care provider
- Avoid tobacco (smoking, chewing, vaping, etc.) because this can make diabetes and gum disease worse
- Limit sugars and alcohol, and follow the Canada's Food Guide or the specific advice of your health care provider
- Brush twice a day using toothpaste with fluoride and floss once a day
- Watch for changes in your mouth
- Visit your dental health care provider regularly and talk to them about your diabetes
- Drink tap water because it contains fluoride

**For more information, talk to your dentist or dental hygienist or call Ottawa Public Health at 613-580-6744.**