



The Mighty Mouth Minute

Good oral health can help you manage your diabetes.
Take a minute to learn how you can stay healthy.

Gum disease is an infection that makes it harder to manage diabetes.

If you have diabetes you are twice as likely to develop gum disease, and gum disease makes it harder to control blood sugar.

Keep your mouth clean and healthy:

- Brush twice daily with fluoride toothpaste
- Floss every day
- Use a mouth rinse with fluoride
- Drink fluoridated water instead of sugary drinks

Eat a well-balanced diet: Choose healthy snacks

- Low-fat cheese
- Fresh fruit
- Vegetables
- Nuts

Get regular dental checkups as recommended by the American Diabetes Association.

Diabetes can lead to other problems in your mouth:

- Some diabetes medications can cause **dry mouth**, a condition that can make it hard to eat, taste, swallow, or even talk. Dry mouth can quickly lead to tooth decay, especially at the gum line. Be sure to tell your dentist or physician if you have dry mouth.



Unleash the power of oral health!
To learn more, visit SeniorsOralHealth.org