

Diabetes and Your Teeth: What You Need to Know

No matter how long you have lived with diabetes, you must always be watchful. If kept in check, most diabetics can lead normal, healthy lives. Poorly managed diabetes, however, can result in infection,

disease to diabetes. Just as diabetes makes controlling your dental health harder, dental disease can make it harder for you to control diabetes. When one worsens the other worsens, too! The good news: When your dental health improves, it can make your diabetes easier to control.

To help prevent gum disease, diabetics should follow these five steps:

1. **Manage** your blood sugar closely
2. **Get your serum triglycerides and cholesterol levels checked** either by your medical doctor or by a diabetic dentist
3. **Reduce** cholesterol and triglycerides through diet and exercise
4. **Find a dentist** who is specifically trained in treating diabetic patients
5. **Request** that your diabetic dentist and medical doctor share information about your care.

Requesting that your doctor and dentist share information about your care program is key to maintaining dental and overall health. In this way, all up-to-date information about medications, infections and inflammation points, that are key contributors to diabetic complications, will be kept up to date. And the risk of treatment errors reduced.

vascular heart disease, vision loss, and stroke. But did you know that it can also lead to diseases of the mouth that result in mouth ulcers, cavities, tooth loss and even bone loss?

Study after study has linked periodontal

