



Maintaining good oral health is critical to having a beautiful smile and pain-free teeth and gums. But did you know that oral health and diabetes may be linked?

OTHER TOPICS IN THIS
SERIES INCLUDE:

Oral Health and Your Overall Well-Being

Preventive Oral Care for Everyone

Oral Health: Infant to Teen

Your Oral Health and Heart Disease

Your Oral Health and Pregnancy

The Seven Eating Habits of Healthy Smiles

YOUR *Oral Health* AND DIABETES



UNITED CONCORDIA
TRICAREdentalprogram.com

UNITED CONCORDIA
TRICAREdentalprogram.com

How do my oral health and diabetes affect each other?

If you have diabetes, you probably know that you're more susceptible to periodontal (gum) disease. The relationship between Type I and Type II diabetes and periodontal disease is so well established that periodontal disease has been called the "sixth complication" of diabetes.* Some reasons for this are that diabetes reduces saliva production and interferes with the body's ability to repair itself.

But did you know that periodontal disease may make it more difficult for you to control your blood sugar? New research suggests that moderate to severe periodontal disease may increase blood sugar, decrease the effects of insulin and increase risks for diabetic complications. While a direct connection has yet to be established, more studies are finding a link between periodontal disease and diabetes.* If you have either Type I or Type II diabetes, be sure to maintain a rigorous oral health care regimen.

What is good oral health?

■ The first key to good oral health is to **brush** your teeth as often as your dentist recommends. Most people brush at least twice a day. Also, check with your dentist and see if there's a right toothbrush for you—dentists often suggest a soft-bristled brush.

When it comes to technique, it's not how *hard* you brush, but *how* you brush. Be sure to reach all the surfaces between your teeth and gums, rather than just apply more pressure. To best

reach the outsides and insides of your teeth, hold your toothbrush at a 45-degree angle to your gums and use short back-and-forth motions. Hold the brush vertically to reach the backs of upper and lower front teeth. Use a back-and-forth motion to clean the crevices on the chewing surfaces of your teeth.

Removing food debris from your teeth ensures that sugar and acids don't wear down the enamel on your teeth, which leads to tooth decay. Don't forget to brush your tongue and the inside of your cheeks—both have pores where bacteria hide.

■ Second, use dental **floss** or an interdental cleaner everyday. Flossing removes tooth-decay causing plaque from places that your toothbrush can't reach, as well as food debris that, if left between your teeth, causes bad breath and leads to gum disease. Be sure to rinse your mouth when you're finished flossing. Antibacterial mouthwashes may also help.

■ Finally, **diet** contributes to oral health. Sweets, soft drinks and other nonnutritious foods can lead to tooth decay when bacteria in the mouth mix with the sugars in these foods and produce acids that attack the teeth. Brush after meals and limit snacking to help minimize this risk. Drinking water throughout the day also helps rinse the mouth and neutralizes harsh acids.



Maintaining good oral health also requires professional care. Visit your dentist regularly for professional cleanings and oral exams and inform your dentist immediately if you experience any of the following conditions:



- red, swollen or tender gums
- bleeding while brushing or flossing
- gums that pull away from the teeth and/or loose or separating teeth
- red, white or swollen areas in any part of your mouth
- persistent bad breath

Alert your dentist if you are pregnant, receiving chemotherapy or taking medications for a chronic medical condition, or if there has been any change in your health. Your dentist can help you manage oral conditions that may result from your medical condition.

Educating yourself on these and other important oral health topics will help you maintain a healthy smile and control your diabetes!

Additional related information can be found on the Web sites of the Academy of General Dentistry, www.agd.org and the American Dental Association, www.ada.org; and in Oral Health in America: A Report of the Surgeon General, 2000.

*Oral Health in America: A Report of the Surgeon General, 2000.