

If You Have Diabetes, Don't Miss This Important Opportunity

You check your numbers, watch your diet, and make time for your doctor but last year, thousands of Marylanders missed a vital opportunity to get the complete care they need and deserve. **They missed a trip to the dentist!**

Look Who's Missing Out.

Adults with diabetes are missing out at a much higher rate than everyone else. A "**missed opportunity**" happens when a person with diabetes goes to a doctor for a medical checkup but doesn't visit the dentist within the same year.

Compared to **20%** of Marylanders without diabetes, **34%** of Marylanders with diabetes missed the important opportunity of visiting a dentist.

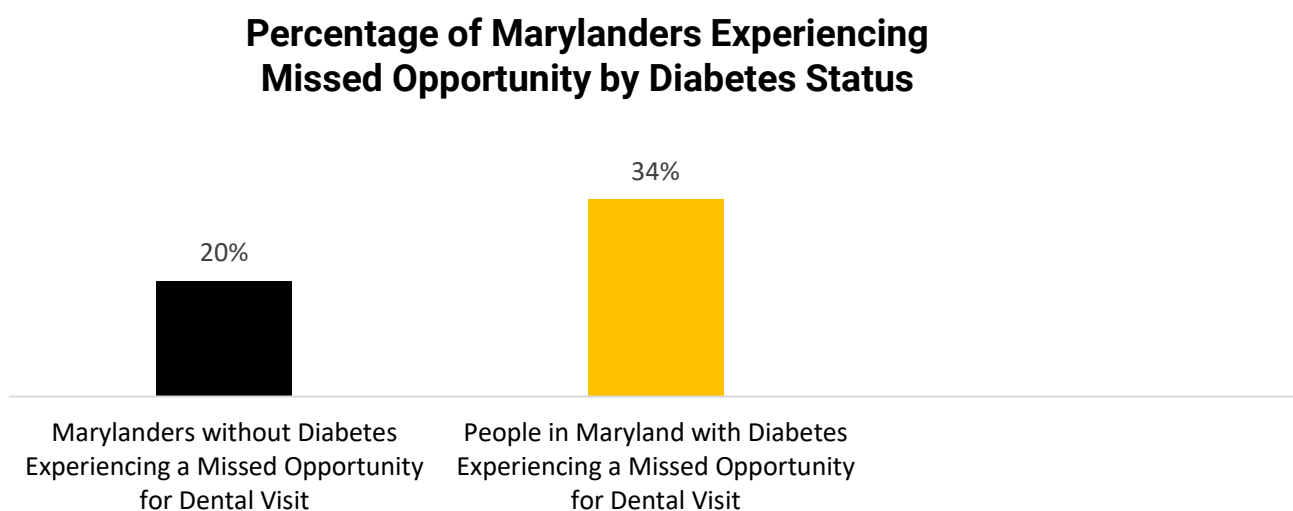
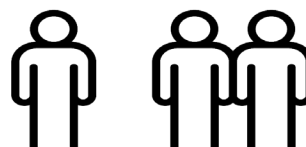


Figure 1: Percentage of Marylanders Experiencing Missed Dental Visits by Diabetes Status

In Maryland, 12% of adults are living with diabetes. Are you the 1 in 3 Marylanders with diabetes who's missing out on a trip to the dentist?



Having diabetes means you need dental care.

Skipping the dentist is a missed opportunity to keep your diabetes under control.

- **Gum disease and inflammation can raise your blood sugar**, making your diabetes harder to manage.
- **Diabetes lowers the ability to fight off infections**, leaving your teeth and gums vulnerable to complications.
- **Your dentist is a vital member of your health care team.** You cannot manage your diabetes properly if dental exams are left off your calendar.

Don't Let the Opportunity Pass You By. Claim Your Best Care Today!

- **Schedule:** Book your routine dental exam today.
- **Speak Up:** Let your dentist know you have diabetes.
- **Make it a Habit:** See your dentist every six months

Resources

- Maryland Healthy Smiles Dental Program: <https://health.maryland.gov/mmcp/pages/maryland-healthy-smiles-dental-program.aspx>
- Maryland Oral Health Resource Guide: <https://health.maryland.gov/phpa/oralhealth/pages/resourceguide.aspx>