

Protect Your Teeth When You Have Diabetes

Diabetes can affect your dental health. Understanding how to care for your mouth helps keep your diabetes under control and your teeth healthy.

Diabetes and Oral Health: A Two-Way Street

High blood sugar makes it easier for bacteria to cause gum disease and even tooth loss.

- Keeping your gums healthy makes it easier to manage blood sugar.
- Keeping blood sugar in-check helps keep your gums strong.



Taking Care of Your Mouth is Essential. Did You Know?

In Maryland, **63%** of adults living with diabetes have lost at least one permanent tooth.

Adults in Maryland With Diabetes Who Have Lost a Permanent Tooth

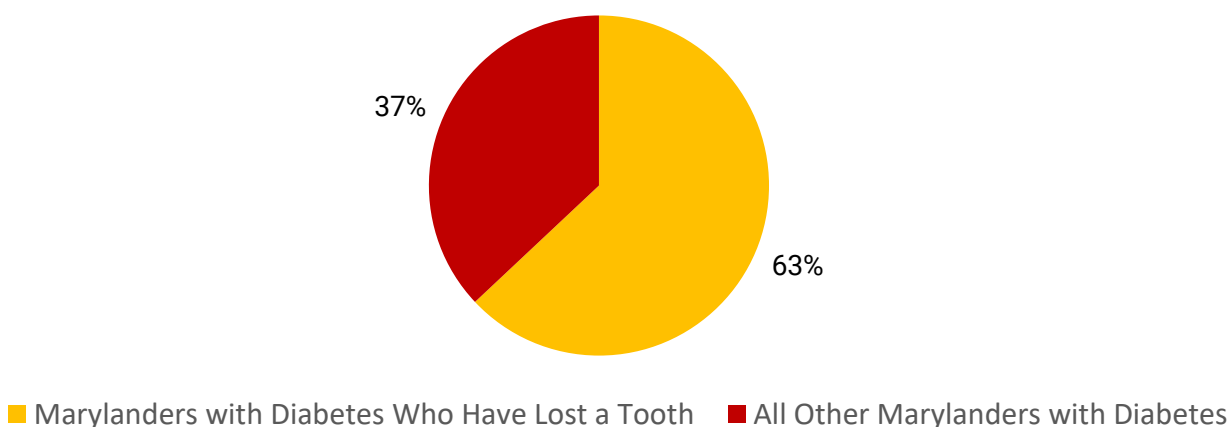


Figure 1: Percentage of Maryland Adults Living with Diabetes

Your Life Circumstances Matter.

For people with diabetes, everyday life circumstances such as education level or household income have a big impact on their oral health.

Adults in Maryland With Diabetes Who Have Lost a Permanent Tooth (By Education Level)



Figure 3: Adults in Maryland Who Have Lost a Permanent Tooth by Education Level

Adults in Maryland With Diabetes Who Have Lost a Permanent Tooth (By Household Income)



Figure 3: Adults in Maryland Who Have Lost a Permanent Tooth by Household Income

Less education and income often mean less prevention and access to dental care. When people can access affordable care and regular preventive checkups, they are more likely to keep their natural teeth.

Simple Habits Can Help.

Protecting your teeth is easy when you make it your routine.

- **Daily Care:** Brush twice a day with fluoride toothpaste and floss every time you brush.
- **Routine Visits:** Get regular checkups (once every six months) so your dentist can do professional cleanings, prevent disease, and/or treat signs of early cavities.
- **Talk to Your Healthcare Providers:** Tell your dentist you have diabetes and talk to your primary care provider.

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>