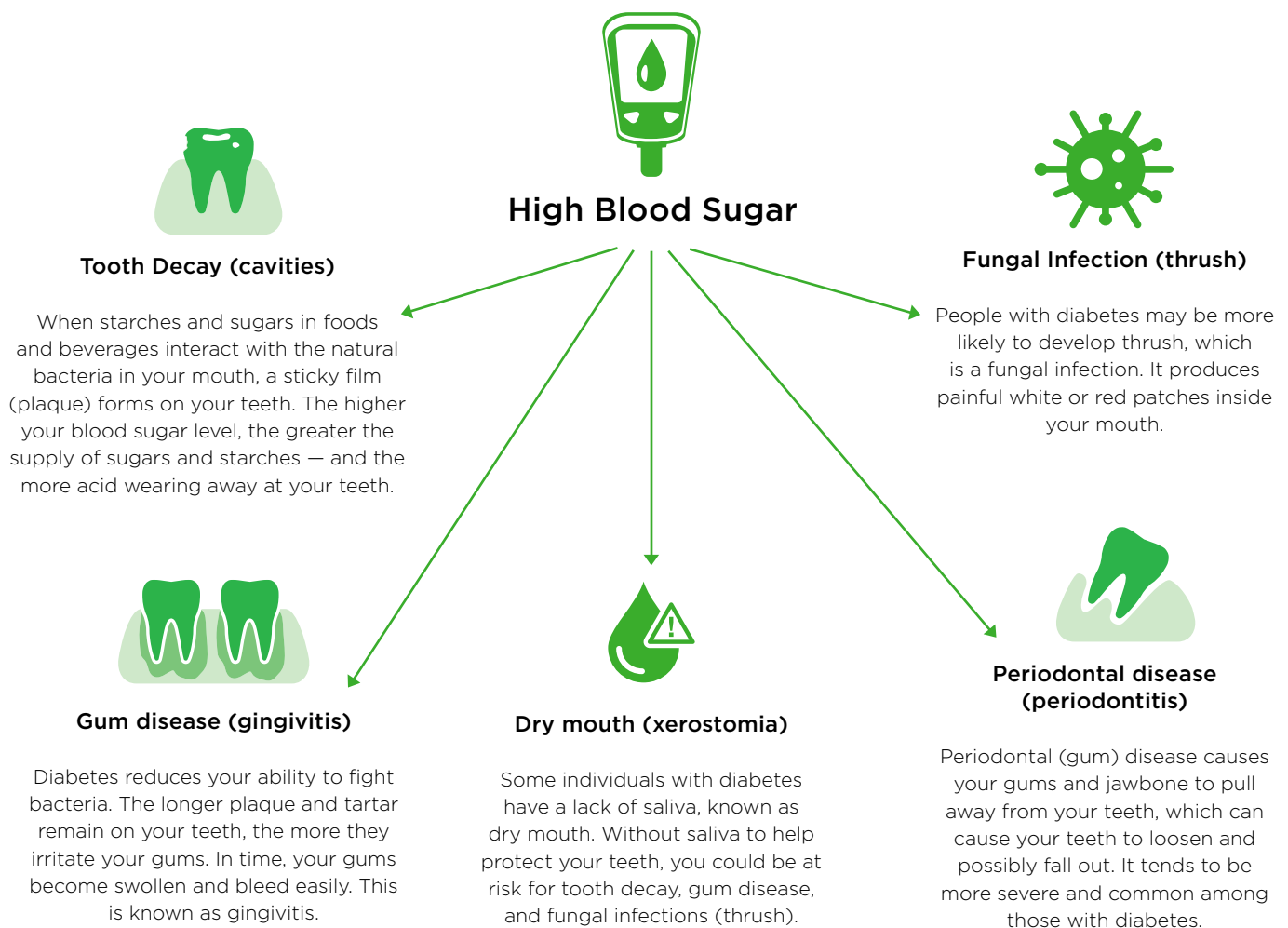


# A Healthy Mouth with Diabetes


Whether you have type 1 or type 2 diabetes, managing your blood sugar level is key. With high blood sugar levels comes higher risk of dental problems:



## Proper Dental Care

By following simple oral hygiene tips, you can ensure a healthy smile and help control your diabetes.

- **Brush at least twice a day.** Use toothpaste that contains fluoride and a soft-bristled toothbrush. Consider using an electric toothbrush.
- **Floss at least once a day.** Flossing helps remove plaque between your teeth and under your gumline.
- **Drink plenty of water.** Water, especially fluoridated water, bathes your teeth in extra protection and washes away harmful bacteria.
- **Schedule regular dental visits.** Preventing and treating tooth decay and periodontal disease with annual dental cleanings can help improve blood sugar control.

 Make sure your dentist knows you have diabetes