Diabetes and Your Mouth

25% of Americans over the age of 65 have type 2 diabetes\(^1\)
48% of Adults age 65 and older have prediabetes which is a strong risk factor for type 2 diabetes.\(^1\)

How can diabetes affect the mouth?
If your blood glucose (sugar) levels are too high, the sugar in your saliva helps harmful germs, called plaque grow. It can cause pain, gum disease, infection and other problems in your mouth.

How can the mouth affect diabetes?
If you have gum disease, any infection or inflammation in your mouth, it becomes more difficult to control your blood sugars. This is because any infection causes insulin resistance and high blood sugar. By keeping one condition in check, you’re actually helping the other condition.

What are the problems diabetes can cause in the mouth?
- Gingivitis: bleeding gums.
- Periodontitis: Gum disease
- Thrush
- Dry Mouth

What are the warning signs that there is a problem in the mouth?
- Bleeding, red, swollen or tender gums.
- Loose teeth, pain when chewing, or changes in the way your teeth fit when you bite.
- Pus between the teeth and gums.
- Bad breath
- Dry Mouth
- Pain in the mouth, face, or jaw that doesn’t go away
- Sore or ulcer that does not heal.

What can be done to avoid oral health problems?
- Control your blood glucose
- Brush and floss your teeth every day to control plaque
- Visit your dentist regularly
- Eat healthy meals
- Quit smoking

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\(^2\) American Dental Association: One in 5 cases of tooth loss.