

Diabetes and Your Mouth



More than 34 million people in the U.S. have diabetes.¹ This systemic disease affects more than your blood sugar — it can also have serious consequences for dental health.

Protect yourself

Control your blood sugar. The higher your glucose levels, the greater chance of developing oral health problems.

Brush and floss every day. A strong defense against bacteria goes a long way.

Visit your dentist regularly. Tell your dentist that you have diabetes and what medications you're taking.

Quit smoking. A dangerous combination, smoking and diabetes restrict the blood flow to your mouth.

Look for warning signs

- Red, tender or swollen gums
- Bleeding gums
- Gums that separate from surrounding teeth
- Chronic bad breath or bad taste in your mouth
- Teeth that are loose or separating from each other

Did you know diabetes puts you at risk for gum disease? People with diabetes also have higher levels of glucose (simple sugars) in their saliva.

See your dentist if you experience any of these symptoms.

¹ "National Diabetes Statistics Report, 2020." Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>