



The Diabetes and Oral Health Connection

Diabetes not only affects your overall health, it can also impact your oral health. In the United States, more than 29 million people have been diagnosed with diabetes, and about one-third of diabetics have a severe form of periodontal (gum) disease.¹ Good oral health habits can help manage and control diabetes.

Why oral health is important

Diabetics are more likely to experience gum disease at an earlier age than people who do not have the disease. Periodontal disease also can change blood glucose levels, making diabetes more difficult to manage.

What you should know about diabetes

In the U.S., diabetes is the seventh leading cause of death. Diabetes can lead to serious complications if not managed properly. These complications can include heart disease, blindness, amputations, nerve damage and kidney failure.¹

Diabetics who receive additional dental cleanings are often healthier and better able to control their blood glucose levels. A one-point reduction in blood glucose levels can lower the risk of complications affecting the eye, kidney and nervous system by as much as 40 percent. In addition, a one-point reduction lowers the risk of a heart attack by 14 percent and reduces the number of deaths caused by diabetes by 21 percent.

What you can do if you have or are at risk for diabetes

If you have diabetes or are at risk for the disease, take good care of your teeth and gums. Visit your dentist for regular checkups and ask your dentist if you may benefit from more frequent cleanings. Additional dental care can help you manage diabetes and keep your smile healthy.

Visit [truassure.com](http://www.truassure.com) for more oral health resources and information.

¹Centers for Disease Control and Prevention: <http://www.cdc.gov/features/diabetesfactsheet/>