

# DIABETES AND ORAL HEALTH



For More Information:  
[connectingsmilessc.org](http://connectingsmilessc.org)

# Patients with diabetes/ prediabetes should:

- Visit the dentist regularly and discuss existing conditions
- Brush teeth with a fluoride toothpaste twice a day
- Clean between teeth once a day
- Eat a healthy, balanced diet
- Limit foods and drinks that are high in sugar
- Protect teeth from decay by drinking water with fluoride
- Ask dental and medical providers to coordinate care by sharing test results

## GUM DISEASE CYCLE

