

Good oral hygiene and blood sugar regulation can keep you smiling



If you have diabetes, good oral health habits at home and regular dental visits are very important for your overall wellness. By controlling your blood sugar, you can help keep your mouth healthy, and by taking care of your mouth, you can also help control your blood sugar.

High blood sugar is the link between diabetes and oral health problems, which if not well managed, may lead to oral health problems.¹ Conversely, diabetes may also be harder to manage when gum disease is present. However, treating gum disease may help lower your blood sugar over time.²

Most dental benefits plans include two cleanings and checkups per year at no extra cost, and the same visit that keeps your mouth healthy can also help manage your diabetes. We think that's something to smile about!

Keep your mouth healthy by:

- Brushing at least twice daily with fluoride toothpaste, and flossing at least once a day
- Having your teeth and gums cleaned and checked by your dentist at least twice a year
- Quitting smoking

Call your dentist right away if:

- Your gums bleed when brushing or flossing
- Your mouth feels dry or sore
- You notice white patches in your mouth
- Your mouth has a bad taste

Why not schedule your next checkup today?

Looking for a dentist who participates in your plan? Visit [DeltaDentalNJ.com/FAD](https://www.deltadentalnj.com/FAD).

¹<https://my.clevelandclinic.org/health/diseases/11263-oral-health-problems-and-diabetes>

²<https://www.cdc.gov/diabetes/managing/diabetes-oral-health.html>