

GUM HEALTH AWARENESS

Diabetes increases your risk of gum disease



Gum disease can cause gums to bleed when you brush or eat. It can also cause swollen, red, receding (shrinking) gums, loose teeth and halitosis (bad breath).

As a patient living with diabetes you have an increased risk of having gum disease.

If you have early gum disease you may not be aware of it as the early stages are usually painless.

What to do to avoid gum disease



1. Visit a dentist and tell him/her that you have diabetes.

2. Ask the dentist to check your gums and for a demonstration of how best to brush and clean in between your teeth

3. Attend at least annually but you may need more frequent maintenance care and checks - ask your dentist and hygienist.

Patient with gum disease and then after treatment

