

PREVENT, DETECT AND MANAGE **DIABETES** TO PROTECT YOUR ORAL HEALTH



Diabetes and oral health have strong connections. In fact, it's a two-way street: high blood sugar leads to gum disease and tooth decay. For people with diabetes, gum disease and tooth decay can also lead to high blood sugar. Preventing diabetes and watching for symptoms can not only protect your oral health, but also your overall health.

DIABETES SYMPTOMS MAY INCLUDE:



BEING
TIRED



WEIGHT
LOSS



INCREASED
URINATION



BEING
THIRSTY



DEHYDRATION



BLURRED
VISION

DIABETES CAN BE MANAGED BY:



REGULAR MEDICAL
CHECK-UPS WITH
DIABETES TEAM



MONITORING
BLOOD SUGAR
LEVELS



FOLLOWING
A HEALTHY
EATING PLAN



BEING
PHYSICALLY
ACTIVE



INSULIN
AND OTHER
MEDICATION



BRUSHING 2X A
DAY AND SEEING
DENTIST 2X A YEAR



WEIGHT
MANAGEMENT



QUITTING
SMOKING



AVOIDING
ALCOHOL



REDUCING
STRESS



LIMITING CANDY,
SUGAR AND SODA



DRINKING
FLUORIDATED WATER

NEED ADDITIONAL HELP MANAGING DIABETES AND ORAL HEALTH?

Schedule a check-up with your doctor and dentist! You can also join a Diabetes Self-Management Education and Support Program by visiting [ADCES.org/program-finder](https://www.adces.org/program-finder).



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

Office of Dental Health