

# PREVENT, DETECT AND MANAGE **TYPE 1 DIABETES** TO PROTECT YOUR ORAL HEALTH



Type 1 diabetes occurs when the pancreas makes little to no insulin. It is more commonly diagnosed in children, but people can be diagnosed at any age. Type 1 diabetes is not caused by lifestyle but a family history may indicate you are at a higher risk.

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