

PREVENT, DETECT AND MANAGE **TYPE 2 DIABETES** TO PROTECT YOUR ORAL HEALTH



Type 2 diabetes and pre-diabetes can develop at any age, but most cases can be prevented. Risk factors for include being overweight, having a family history of diabetes, being physically inactive, being 45 or older, and an individual history of diabetes during pregnancy.

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