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.