



معهد دسمان للسكري
Dasman Diabetes Institute



أحد مراكز
Center

DIABETES AND ORAL HEALTH

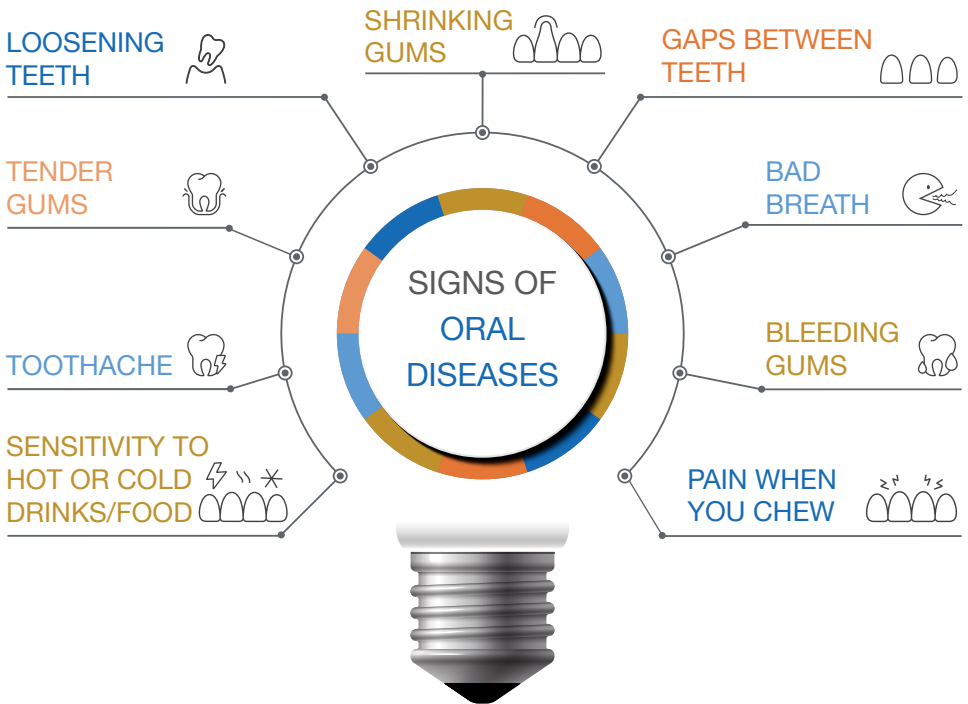


DENTAL CLINIC

Oral Health REFERS TO THE HEALTH OF THE TEETH,
GUMS AND THE ENTIRE ORAL-FACIAL SYSTEM THAT ALLOWS
US TO SMILE, SPEAK AND CHEW.

WHAT ARE THE SYMPTOMS OF ORAL DISEASES?

In the early stages of gums disease (gingival), you may not be aware of it as it is usually painless.



HOW CAN DIABETES AFFECT YOUR ORAL HEALTH?



GUM DISEASE

Is the inflammation of the gum. It is link to a build up of plaque on teeth and gums.



BURNING MOUTH SYNDROME

Uncontrolled blood glucose level (dry mouth); consistent painful condition causing burning, scratching or tingling sensation in the tongue lips or other mouth area.



TOOTH DECAY (CARIES)

High sugar intake can lead to more sugar in your saliva and that creates the perfect environment for bacteria to grow.



PERIODONTITIS

An infection of the gums and surrounding tissue. Your gums may pull away from your teeth, forming pockets that slowly become infected.



THRUSH

A fungal infection that causes painful white patches in your mouth.



DRY MOUTH

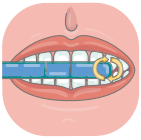
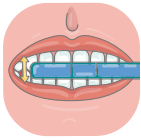
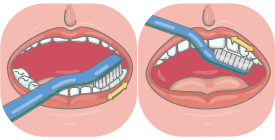
Lack of saliva that causes sores, ulcer, infection and bad breath.

HOW CAN I KEEP MY MOUTH HEALTHY?

- 01 Keep your blood glucose within target range to avoid oral diseases associated with uncontrolled diabetes.
- 02 Consume healthy meals and snacks under proper supervision.
- 03 Always brush your teeth twice a day for at least two minutes each time using a soft bristled brush. Morning and evening are the best time to brush.
- 04 Clean between your teeth once a day with regular floss or a special flossing tool.
- 05 Change your tooth brush every three months or sooner if the bristles spreads out.

- 06 Regular dental check up visit and bring your toothbrush.
- 07 Avoid tobacco use, keep in mind both smoking and smoke-less tobacco can be harmful to your dental health.
- 08 If you have crown or bridge either removable or fixed, clean them thoroughly everyday.

HOW TO BRUSH YOUR TEETH

 Brush your teeth twice a day using a soft bristled toothbrush	 Spend at least 2 minutes every time you brush your teeth	 Ensure size and shape of toothbrush fit your mouth properly to reach all areas on your teeth easily
 Replace your toothbrush every 3-4 months, or sooner if you notice the bristles are frayed	 Use an ADA-accepted fluoride toothpaste	 Ask your dentist if you might benefit from using an electric toothbrush
 Place your toothbrush at a 45-degree angle to the gums	 Gently move the toothbrush back and forth using short (tooth-wide) strokes	 Brush the outer surfaces, inner surfaces and chewing surfaces of your teeth
 Tilt the toothbrush vertically and make several up-and-down strokes to clean the inside surfaces of your front teeth	 Brush the tongue from back to front to get rid of odor producing bacteria	 REFERENCE https://www.mouthhealthy.org/all-topics-a-z/brushing-your-teeth/