Diabetes and Dental Care

It is important to take good care of your teeth when you have diabetes. Did you know that people with diabetes are more likely to have problems with their teeth and gums? The good news is that you can take steps to help keep your teeth healthy. The tips below will get you started.

*Get a dental exam at least once a year*—usually twice a year if you have your natural teeth and once a year if you have dentures. So keep your next dental appointment!

*Check your mouth* for red and swollen gums, bleeding gums, loose teeth, a change in how your bite feels, or bad breath. Report this to your dentist as soon as possible!

*Take care of your teeth at home.* Ask your dentist the best way to take care of your teeth or dentures at home. Brush teeth with a soft bristled toothbrush at least two times a day, using a toothpaste with fluoride. Replace those worn out toothbrushes about every 3 months. Floss once a day. Limit foods and drinks that are high in sugar.

*Manage your ABCs!* Ask your health care team to help you set and reach goals to manage your blood sugar (A1c), Blood pressure, and Cholesterol.

*Don’t Smoke:* Call 1-800-Quit-Now for support.

How Can Diabetes Harm Your Teeth?

*Gum disease may increase the risk of type 2 diabetes.
*Diabetes is associated with gum disease, also known as periodontal disease. Gum disease can lead to tooth loss.
*Treatment of gum disease in people with Type 2 Diabetes can lower your chance of having other problems from diabetes, such as heart and kidney disease

Adapted from https://www.cdc.gov/diabetes/ndep/people-with-diabetes/avoiding-complications-teeth.html
Southern Broccoli Salad

**Ingredients:**
- 3/4 cup chopped celery
- 3 cup broccoli florets
- 1/4 cup finely chopped onion
- 1/3 cup reduced fat cheddar cheese, shredded
- 1/8 tsp black pepper
- 1/2 tsp seasoned salt
- 2 Tbsp. Honey
- 1/4 cup light mayonnaise
- 1/4 cup plain nonfat yogurt

**Directions:**
1. Combine celery, broccoli florets, onion, and cheese in large bowl.
2. In a small bowl, mix remaining ingredients and then add to vegetable mixture and toss.
3. Cover and refrigerate for 2 hours.

**Nutrition Facts:**
- 6 Servings
- Serving Size 2/3 cup
- Calories 85
- Total Fat 4g (saturated fat 1g)
- Cholesterol less than 5mg
- Sodium 290mg
- Total Carbohydrates 11g (Dietary Fiber 1g; Total Sugars 8g)
- Protein 3g
- Potassium 200mg

Adapted from https://www.diabetesfoodhub.org/recipes/southern-broccoli-salad.html

**Did you know?**

We are now offering diabetes classes online! You can participate in our Healthy Living With Diabetes Self-Management Classes from anywhere using your phone, IPad, Laptop or home computer! We still offer our in person classes too! Not sure which is best for you or need more information? No problem! Just call 1-800-928-4416, Option 4.

Or call your local health department and Ext 1166.

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