



Prevent Diabetes Problems: Keep Your Mouth Healthy

U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

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The National Institutes of Health Publication 12-4280, “Prevent Diabetes Problems: Keep Your Mouth Healthy,” addresses diabetes and how you can prevent or slow down related health problems. Too much glucose in the blood for a long time can cause diabetes problems. This high blood glucose, also called blood sugar, can damage many parts of the body, such as the heart, blood vessels, eyes, and kidneys. Heart and blood vessel disease can lead to heart attacks and strokes. You can do a lot to prevent or slow down diabetes problems. This booklet is about mouth problems that can be caused by diabetes. Too much glucose in your blood from diabetes can cause pain, infection, and other problems in your mouth. Your mouth includes: your teeth, your gums, your jaw, and tissues such as your tongue, the roof and bottom of your mouth, and the inside of your cheeks. Glucose is present in your saliva—the liquid in your mouth that makes it wet. When diabetes is not controlled, high glucose levels in your saliva help harmful germs, called plaque, grow. Plaque also comes from eating foods that contain sugars or starches. Some types of plaque cause tooth decay or cavities. Other types of plaque cause gum disease. Gum disease can happen more often, be more severe, and take longer to heal if you have diabetes. In turn, having gum disease can make your blood glucose hard to control. Some studies show that treating your gum disease makes it easier to control your blood glucose. You will learn the things you can do each day and during each year to stay healthy and prevent diabetes problems. This Publication is one of seven in a series that can help you learn more about how to prevent diabetes problems. These include: “Keep Your Diabetes Under Control,” “Keep Your Heart and Blood Vessels Healthy,” “Keep Your Kidneys Healthy,” “Keep Your Eyes Healthy,” “Keep Your Feet and Skin Healthy,” “Keep Your Nervous System Healthy,” and “Keep Your Mouth Healthy.”

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