

# ORAL HEALTH FOR DIABETICS

## Tips for a healthy smile

- > Brush at least twice a day. Use brushes with soft bristles
- > Brush gently sweeping strokes and avoid hard scrubbing motion as they damage gum edges and teeth
- > Replace your brush frequently if damaged or in every *three months* >

Rinse your mouth with water after eating

- > Gentle flossing after every meal is a good way to keep teeth clean
- > As most mouthwashes contain alcohol try to avoid them as they tend to dry out the mouth
- > Avoid chewing tobacco, ghutka, pan, beetle nuts etc >

Smoking also affects oral hygiene adversely

- > Visit your **Dentist** and have your teeth cleaned (scaling) every six months >

Contact your **Dentist** immediately if your gums bleed while eating or

brushing, are swollen and tender, redness or pus in your gums, any ill fitting dentures, persistent bad breath or bad taste or loss of sensation or appearance of any patches/growth in your mouth

- > Strict control of diabetes and regular visit to your Diabetologist will keep you healthy