

# Dental Goals for Diabetics



## Floss Once a Day

Flossing is very important because flossing cleans in between your teeth, a place that your toothbrush can't reach.



## Brush After Every Meal

It is important to brush your teeth after every meal, or at least twice a day to remove any food that is left in your mouth.



## Do Not Smoke

If you are a smoker, talk to your doctor about ways to quit. Smoking increases the risk for gum disease.



## Eat Nutritious Foods

Eating nutritious foods helps keep blood sugar levels in the normal range, which is important for both the health of your teeth and your overall health.



## Decrease Sugary Drinks

Soft drinks such as colas, sodas, sweet teas and flavored waters have sugar that dissolves tooth enamel and causes tooth decay or cavities.



## See Dentist Regularly

Try to visit your dentist every six months for a check-up and cleaning. This will keep your teeth and gums healthy and if there is a problem you can fix it before it becomes worse.

## Choosing a Toothpaste

When choosing toothpaste look for one with fluoride. Fluoride protects your teeth by preventing tooth decay.

## Choosing a Toothbrush

When shopping for a toothbrush, choose one with soft bristles. These will be gentler on your gums.

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