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.