



Mouth Health and Diabetes:

Looking after one helps control the other

Did you know that controlling your blood sugar can help you keep your mouth healthy, and taking care of your mouth can help you control your blood sugar? For diabetics, good oral health habits at home and regular visits to your dentist are very important.

Most dental benefits plans include two cleanings and checkups per year at no extra cost. The same visit that keeps your mouth healthy can help you manage your diabetes. We think that's something to smile about!

Diabetes and Oral Health: Know What to Do

Here are **four ways to keep your mouth healthy** when you have diabetes:

- Monitor your blood sugar.
- Brush twice a day and floss daily.
- Visit your dentist for routine checkups (at least twice a year).
- Quit smoking.

You should **call your dentist right away** if:

- Your **gums bleed** when brushing or flossing.
- Your mouth feels **dry or sore**.
- You notice **white patches** in your mouth.
- Your mouth has a **bad taste**.

Why not schedule your next checkup today?

Looking for a dentist who participates in your plan?
Visit DeltaDentalNJ.com and select "Find a Dentist."