



A healthier mouth for a healthier you!

ORAL HEALTH AND DIABETES

THERE IS SUBSTANTIAL EVIDENCE LINKING DIABETES AND PERIODONTAL DISEASE.

*Dental hygienists:
Your partners in oral and overall health*

YOUR MOUTH: A PORTAL TO YOUR BODY.

An increasing body of evidence shows there are links between your oral health and your general health and well-being. Specifically, periodontal disease—disease of the gums and supporting bone—has been linked to many serious and debilitating diseases, including diabetes.

Even more disturbing is that the link between periodontal disease and diabetes is a two-way street.

First, if you have uncontrolled diabetes, that is, if you are not able to maintain a good level of glucose in your blood, you are at increased risk of periodontal disease. Even more unsettling is that if you have diabetes *and* periodontal disease, controlling your blood-sugar levels becomes increasingly difficult. This could lead to complications.

But there is some good news: with your input, your dental hygienist can develop a good oral-hygiene program designed to prevent periodontal disease or, if you already have it, bring it under control. Together, you can make a difference!

Statistics show that people with diabetes—a **total of more than two million Canadians**—are more likely to die early than people who do not have diabetes. As well, diabetes is costing Canadians \$9 billion annually.



YOUR DENTAL HYGIENIST CAN HELP!

A licensed oral health-care professional, your dental hygienist can work with you to develop a program of good oral hygiene.

This is more important than ever as research continues to uncover evidence that links oral health to the general health and well-being of Canadians. Where once we thought that tooth loss was the worst we could expect from periodontal disease, we now know that the consequences could be far more severe.

A VISIT TO YOUR DENTAL HYGIENIST CAN HELP ENSURE A LIFETIME OF HEALTHY GUMS AND TEETH.

Your dental hygienist will assess your health history, examine your head and neck, and check your mouth, gums and teeth. With your input, the dental hygienist will then develop an oral hygiene care plan that includes prevention and treatment therapies to ensure the best oral health possible. If necessary, your dental hygienist may refer you to other health-care providers.

You can't afford to wait—why not make an appointment today?

5 EASY STEPS TO GOOD ORAL HEALTH

It takes just a few minutes a day to help ensure good oral health. Here are five things you can do to enjoy healthy gums and teeth.

1. **BRUSH YOUR TEETH DAILY.**
If you use a power toothbrush, choose one that offers rotation/oscillation action.
2. **FLOSS BETWEEN YOUR TEETH TO REMOVE DENTAL PLAQUE DAILY.**
You can use floss (on its own or in a holder or flosser), interdental brushes (for bridges and braces), picks or irrigators.
3. **RINSE USING AN ANTISEPTIC MOUTHWASH.**
This will help reduce the accumulation of dental plaque.
4. **MAKE HEALTHY FOOD CHOICES.**
Nutritional food choices low in sugar are good for your overall health *and* your oral health.
5. **GET REGULAR PROFESSIONAL DENTAL HYGIENE CARE.**
Your biggest weapon in the battle to maintain good oral health is a regular visit with your dental hygienist. Why not make an appointment today?

DON'T DELAY. CALL YOUR DENTAL HYGIENIST TODAY!

A healthy mouth may be just a telephone call away.

Call your dental hygienist today to make an appointment and look forward to a lifetime of good oral health.

You'll be smiling all the way to a healthier future.



Since periodontal disease can be prevented and controlled, **dental hygienists** may have an opportunity to play a key role in decreasing the incidence and severity of **diabetes**.