



## What do I need to discuss with my health care provider?

- Tell them about any teeth and gum problems
- Inform them of any treatments a dentist has suggested.

## What do I need to discuss with my dentist?

- Inform them about your diabetes and any other health conditions
- Tell them about any medications you are taking.



## How do I access dental care?

### Contact a private dentist

- Contact a private dentist through the Australian Dental Association (Tasmania)
- Go to: [www.ada.org.au/find-a-Dentist](http://www.ada.org.au/find-a-Dentist)
- Or scan the QR code



### Public dental care - Oral Health Services Tasmania

If you hold a current Health Care or Pensioner Concession card you may be able to have public dental treatment



Call **1300 011 013**

Or scan the QR code to find out more



# Diabetes & Oral Health



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### Endorsing organisations



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Taking care of your teeth and gums is important for managing your diabetes



## How can diabetes affect my teeth and gums?

Diabetes could increase your risk of oral health problems such as:

- Dry mouth
- Tooth decay
- Gum disease.

*Gum disease also makes it harder to manage diabetes.*

## Teeth and gum problems that you might see

- Red, swollen or bleeding gums
- Loose teeth
- Gums that are loose & pull away from teeth
- Bad breath
- Sensitive or sore teeth
- Loss of taste
- White patches on the tongue, cheeks or roof of the mouth.

## What can I do to prevent teeth and gum problems?

- Brush your teeth two times a day
- Use a soft toothbrush and fluoride toothpaste
- Clean between your teeth using floss or an interdental brush
- Clean your dentures daily
- Visit your dentist at least once per year or as advised by your health care provider
- Manage your blood glucose levels.



## What are my healthy choices?

- Choose water as your everyday drink
- Eat regular meals and spread them evenly throughout the day
- Eat plenty of fruits and vegetables
- Limit foods and drinks high in added sugars, saturated fats and salt
- If you choose to drink alcohol, limit intake to no more than 2 standard drinks per day
- Do not smoke - if you do, try and quit. Call Quitline 137 848 for support
- Try to do 30 minutes of physical activity daily.

*Everyone's needs are different so please see your doctor/dietitian/diabetes educator for advice and ask if there are any Medicare benefits for this.*

