

Diabetes and Oral Health for Caregivers



Mission Statement

**Together with the Halton
Community, the Health
Department works to
achieve the best possible
health for all**

How does Diabetes Relate to Oral Health?

- A person with diabetes has a much higher level of glucose in the saliva than the non - diabetic individual. This imbalance makes the mouth more susceptible to tooth decay and gum (periodontal) disease.
- The body's lowered resistance to infection caused by uncontrolled diabetes makes oral health problems worse
- As gum disease is an infection, it can cause blood sugar levels to rise and make diabetes harder to control
- Individuals with diabetes are more susceptible to Candida (yeast infections), Xerostomia (dry mouth), sores and ulcers.

How do You Decrease the Risk of Oral Health Problems?

1. Provide an oral assessment
2. Develop daily oral care plan if necessary
3. Routinely evaluate mouth for any oral changes
4. Evaluate the ADL (Can they brush themselves?)
5. Ensure individual understands good control of blood sugar levels – diet, medications effects oral health
6. Ensure daily oral care is done:
 - 2x brushing
 - 1x flossing or use inter-dental devices

How do You Decrease the Risk of Oral Health Problems? (cont.)

7. Use additional products if oral problems are present
e.g. dry mouth products
8. Obtain additional tips and support for daily oral care
from a dental professional when needed
9. Ensure professional dental visits are attended to as
individuals with uncontrolled diabetes usually require
more frequent visits

Importance of Oral Care Plan

- Oral infections can be severe with uncontrolled diabetes as it can increase the potential for the development of cavities and gum disease
- Individual may have a decreased ability to eat because of mouth pain including :
 - sores
 - burning mouth
 - burning tongue
- Individuals may take an increased amount of time to recovery from infections due to secondary oral infections

Common /Frequent Oral Side Effects of Diabetes



Dental Plaque
Gum Problems



Cavity at gum line



Dry Mouth



Candida/Yeast Infection

Products for Optimal Oral Health

Brushes:

- Soft
- Small head
- Replace frequently
- Replace before and after Candida TX



Toothpastes:

- Use only if individual is able to swallow and spit
- Use paste with fluoride

Other

- Use gel or non-alcohol mouth wash
- Use mop and go technique if swallowing problem



Additional Products for Optimal Oral Health

Inter-dental devices (if unable to floss)

- Small pointed brush
- Sulca brush
- Stimudents
- Inter- proximal brush



Inter-proximal brush



Mouth rinses

- Non- alcohol



Additional Products for Optimal Oral Health

Dry Mouth Products:

- use minimum 2x per day to max. 6x per day



Other things that help:

- Frequent sips of water
- Sugarless candy or gum

Antifungal Products:

- Various products ordered by dentist or physician





For more information call Halton Region Health Department:

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