

# Healthy Smile, Healthy Life



## Prevent, Diagnose, Treat, Control

**Dentists can help PREVENT diabetes.** People with gum disease have a much greater chance of getting type 2 diabetes – up to two times greater than people with healthy gums. Your dentist can help your gums stay healthy which will help reduce your risk of diabetes.

**Dentists can help DIAGNOSE diabetes.** Because symptoms may be subtle, diabetes often goes unnoticed for years. The mouth can offer clear-cut signals that the disease is present, and your dentist is trained to spot these warning signs.

**Dentists can help prevent and TREAT diabetes' side effects.** Diabetics often have problems with their teeth and gums due to high glucose levels which help bacteria thrive. Your dentist can help control these issues.

**Dentists can help CONTROL diabetes.** Studies suggest that diabetics with gum disease who receive appropriate dental care and maintenance are healthier and often experience a reduction in blood glucose levels.

**Whether you are diabetic or not, a healthy mouth can influence your overall health and the better you care for your teeth, the better your health will be.**

TotalHealth Wellness Program provides increased dental benefits for members with qualifying health conditions (including diabetes). To learn more please visit [deltadentalwa.com/totalhealth](http://deltadentalwa.com/totalhealth)

## Smiles That Last a Lifetime

Overall wellness starts with good oral health. And it's easy to smile when you feel good.

One in three people with diabetes aren't aware they have it. Oral symptoms to look for include:

- a burning feeling in your mouth
- frequent dry mouth
- changes in taste
- slow-healing sores in your mouth or at the corners of your lips
- fruity-smelling breath
- a change in the thickness of your saliva

Gum disease and diabetes are closely related. Diabetes and poor control of blood sugar can lead to an increase in gum disease and gum disease makes it harder to control blood sugar.

Regular visits to the dentist for checkups and cleanings are fundamental to making your smile last and preventing tooth decay and gum disease.

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**If you have a question, give us a call. We're happy to help.**

Call us (800) 554-1907  
Text us (833) 604-1246  
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Delta Dental of Washington