



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 public dental clinic through Dental Health Services Victoria

- T** (03) 9341 1000 (Melbourne metro)
- T** 1800 833 039 (outside Melbourne metro)
- W** www.dhsv.org.au/our-services/find-dental-clinics

or scan the QR code



Contact a private dentist through the Australian Dental Association (Victoria)

- T** (03) 8825 4600
- W** www.ada.org.au/find-a-dentist

or scan the QR code



Endorsing organisations



Diabetes & Oral Health



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 mouth



What can I do to prevent teeth & 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 sugar levels



What are my healthy choices?

- Choose tap water (preferably fluoridated) 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 at least 30 minutes of physical activity daily

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

