

WELCOME TO  
**DIABETES  
WORKSHOP AT  
THE PROJECT VIDA  
HEALTH FAIR**

Exploring the Link  
Between Oral Health and  
Diabetes



## Diabetes and Oral Health

Understanding the Impact:

Diabetes affects your entire body, including your mouth. High blood sugar levels can lead to serious oral health problems.

### Diabetes Can Lead To:

- Gum disease due to reduced bacteria-fighting ability.
- Dry mouth from decreased saliva production, causing ulcers and tooth decay.
- Higher likelihood of fungal mouth infections.

## Helpful Tips for a Healthier Mouth

Much like your favorite car needs regular maintenance, so does your oral health, especially when you have diabetes.

### Maintain Oral Health by:

- Brushing and flossing daily.
- Watching for gum disease symptoms.
- Monitor blood sugar levels.



# BE AWARE: Signs of Oral Health Issues

## SYMPTOMS:

- Bleeding gums.
- Persistent bad breath: Could be a sign of infection.
- Loose teeth: Severe gum disease can lead to tooth loss.
- Mouth sores: Can indicate dry mouth or infection.

## ACTION STEPS:

- Seek *immediate* help. Visit your dentist if you notice any of these symptoms.
- Stay hydrated: Drink plenty of water to keep your mouth moist and reduce risk of dry mouth.

# STATS AND FACTS

## Local Impact

In the Paso del Norte Region, the prevalence of diabetes and periodontitis is higher due to various factors, including language barriers and poverty.

## Did You Know:

- People with diabetes are 2-3 times more likely to develop gum disease.
- Uncontrolled diabetes can lead to more severe gum infections, leading to tooth loss.
- Managing blood sugar levels can significantly reduce the risk of oral health issues.

# TUNE-UP CHECKLIST:

- Schedule your next dental visit.
- Learn new tips for managing diabetes and oral health.
- Take home educational materials and resources given out.
- Talk to a dental professional about any concerns.

**Remember, Your Mouth is a Vital Part of Overall Health!**

Keep everything running smoothly with regular maintenance and care. For more information and resources, visit our booth or

**Scan For More Info:**



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