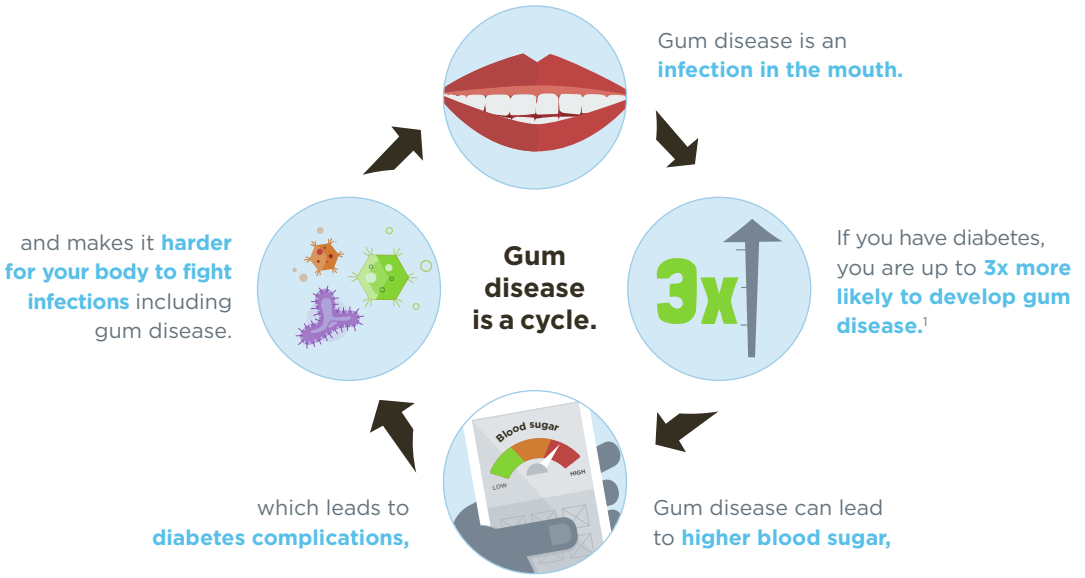


Managing Diabetes? Help is under your nose.

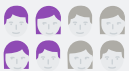
Living with diabetes can be complicated.
Good oral health is an easy way to help manage your diabetes.



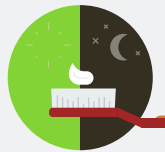
Gum disease can be prevented. **Learn how to break the cycle.**



Clean Between Teeth Daily
to remove hidden disease-causing germs.



Close to half of the population has gum disease which is linked to heart disease and stroke.²



Brush 2X Daily
with fluoride toothpaste, to reduce germs.



1 out of 5 cases of total tooth loss is related to diabetes.³



Drink & Snack Smart
Drink fluoridated water and eat healthy foods.



Sweet and sticky foods are **more likely to cause cavities**.



Get Regular Checkups
to help your healthcare team spot early signs of gum disease.



Warning signs include **bleeding/receding gums, bad breath and mouth sores**.

↓ **39%**



Good oral health is especially important for older adults because Medicare doesn't cover dental. By maintaining good oral health and treating gum disease, you can **reduce your risk of costly hospitalization by 39%**.⁴

THE
MIGHTY MOUTH

Taking care of your mouth is easy and will help you live well longer. Find out more — ask your healthcare team about how to prevent gum disease and visit TheMightyMouth.org

¹Diabetologia
<http://bit.ly/2aNCO3j>

²Journal of Dental Research
<http://bit.ly/2bkafuq>

³Journal of the American Dental Association
<http://bit.ly/2aMS5TY>

⁴American Journal of Preventive Medicine
<http://bit.ly/2aXElmA>