

Type 1 diabetes is a disorder where the body does not produce insulin, a factor key to the conversion of sugary/starchy foods to energy. This type of diabetes usually affects children and young adults.

Type 2 diabetes is the more common type of diabetes in the U.S. Type 2 diabetes occurs when the body does not respond properly to insulin, resulting in higher than normal blood glucose levels.

## CAN DIABETES IMPACT MY ORAL HEALTH?

Yes. People with diabetes are at twice the risk for periodontitis (severe gum disease). It is also reported that uncontrolled periodontitis can make it more difficult to control blood glucose levels.

Since poorly controlled diabetes can impact the immune system, people with diabetes may also experience other oral problems, including:

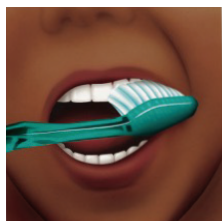
- Tooth decay
- Salivary gland dysfunction, or dry mouth
- Taste impairment
- Thrush, a fungal infection in the mouth

## HOW CAN I COMBAT THE NEGATIVE EFFECTS OF DIABETES?

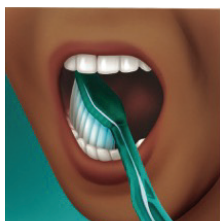
Take these steps to maintain a healthy mouth while living with diabetes:

- Brush at least twice a day, especially before bedtime
- Floss at least once a day
- Control healthy glucose levels with medication
- Maintain a healthy diet low in sugar
- Visit your dentist twice a year or more, as recommended by your dentist

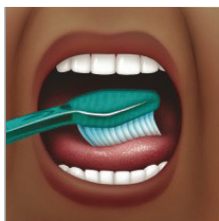
### THE RIGHT WAY TO BRUSH



Clean the outer surfaces of your upper teeth, then your lower teeth by brushing away from the gumline

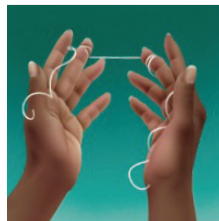


Clean the inside and chewing surfaces of your upper teeth, then your lower teeth using short back-and-forth strokes

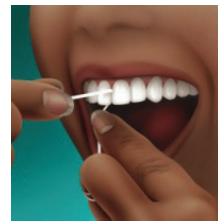


Gently brush your tongue to remove bacteria and freshen breath

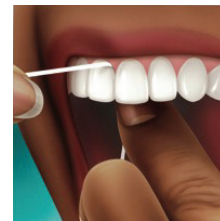
### THE RIGHT WAY TO FLOSS



Use about 18 inches of floss, wrap around middle fingers, leaving an inch or 2 to work with



Holding floss taut, gently slide up and down between your teeth



Follow the curve of each tooth, making sure to go beneath the gumline, but never snapping the floss against the gums

## IF YOU HAVE DIABETES, FOCUS ATTENTION ON YOUR ORAL HYGIENE

It is best to help prevent gingivitis before it can progress to more serious gum disease - Colgate Total® can help.



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COLGATE TOTAL®  
CLEAN MINT