

Finding an NHS Dentist

If you do not currently have an NHS dentist, you should call the Dental Helpline in your area to enquire about NHS dentists currently taking on patients:

- Aneurin Bevan Health Board Area:
01633 744387
- Cardiff and Vale University Health Board Area:
02920 444 500
- Cwm Taf Morgannwg University Health Board Area:
0300 123 50 60

You should also use these numbers if you do not have a dentist and are experiencing dental pain.

Need to add link to – national diabetes website here

Produced by the SE Wales Managed Clinical Network for Special Care Dentistry

Diabetes and Oral Health

How to Have a Healthy Mouth



Diabetes may cause the problems in your mouth:



◇ **Gum disease**

Your gums may become swollen, red, painful or infected. If you have gum disease, your gums bleed easily and you may have bad breath. If left treated, your teeth can become loose and may eventually fall out.



◇ **Tooth decay**

A decayed tooth is caused by sugar in food or drink can makes holes (or cavities). In the beginning this is painless but if the hole gets bigger you can get toothache and eventually a dental abscess.



◇ **Oral thrush**

This looks like white patches in your mouth that can be easily rubbed off. It can cause cracks at the corners of your mouth, an unpleasant taste and occasionally pain.

◇ **A dry mouth**

◇ **A burning sensation in your mouth**

◇ **Altered taste**

If your diabetes is poorly controlled and your blood sugars are often high, you are **more likely** to develop these problems in your mouth

If infections in your mouth (especially gum disease) are left untreated, it will be harder to control your diabetes. Treatment of gum disease has been shown to make diabetic control better.

What should you do to look after your teeth and mouth:

✓ **Visit your dentist regularly** and ensure they know about your diabetes diagnosis, follow any advice the give you



✓ **Brush your teeth twice daily with fluoride toothpaste using a dry brush. Spit out, do not rinse off the toothpaste**

✓ **Use interdental brushes or floss to clean in between meals**

✓ **Enjoy a healthy diet** and limit sugary snacks and drinks, especially in-between meals

✓ **Inform your dentist** if you think you have developed any problems in your mouth

✓ **If your mouth is dry, try:**

- Frequent sips of water
- Chewing sugar-free chewing gum
- Asking your dentist about prescribing dry mouth lozenges, gels or pastes
- **DO NOT** drink sugary drinks or suck mints or sweets to help the dryness, this can cause tooth decay