



DENTAL

If you have diabetes, our dental plans are here to help



Diabetes has been shown to be adversely affected by gum disease. In addition, people with diabetes are more likely to develop gum disease. Research shows that oral infections may cause blood sugar levels to rise and make diabetes more difficult to control.



How dental health affects diabetes

Diabetes increases your risk of gum disease, cavities, dry mouth, and tooth loss. Gum disease occurs when the tissue around your teeth becomes infected. If left untreated, gum disease can damage the gums and bone around your teeth and eventually may cause tooth loss.



What can you do?

Get your preventive care, available for no additional cost when you see an in-network provider. Make regular dental visits a priority. And if you have diabetes, it's important to tell your dentist, including any medications that you are currently taking. A dentist may be able to recognize early oral health problems that you can't see and provide appropriate treatment to help slow the progression of the disease.

Practice good dental care every day. Dental care is always important, but even more of a priority if you have diabetes. Healthy gums help prevent bacteria in your mouth from entering your bloodstream, keeping you healthier.



Tips to help ensure a healthy mouth:

- Use a soft-bristled toothbrush
- Choose toothpaste with fluoride
- Brush for at least two minutes twice a day
- Floss daily
- Watch for signs of periodontal disease such as red, swollen, or tender gums
- Visit a dentist regularly for exams and cleanings

This material is provided for informational use only. You should consult with your doctor or dentist.

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