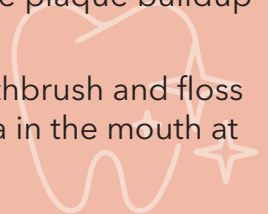


Good Oral Health for Children with Diabetes



HOW TO PREVENT CAVITIES

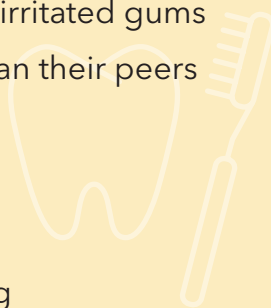
- Keep blood sugar under control to help prevent gum disease.
- Offer water during the day to help with dry mouth.
- Eat a healthy diet. Limit foods that are high in sugar. They can promote plaque buildup and hence tooth decay.
- Brush with soft bristle toothbrush and floss every day to keep bacteria in the mouth at healthy levels.



DIABETES and ORAL HEALTH

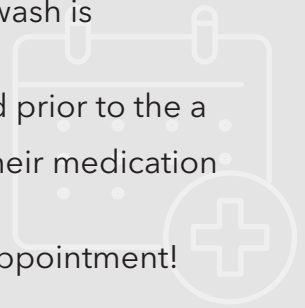
Children with diabetes may experience:

- Low salivary flow
- Dental decay
- Bleeding, sensitive and irritated gums
- Getting teeth sooner than their peers
- Candidiasis (thrush)
- Oral burning sensation
- Altered taste
- Impaired wound healing



DENTAL VISITS

- Visit the dentist every 6 months or more often if recommended by the dentist.
- Ask the dentist about sealants and fluoride or if an antiseptic mouthwash is recommended.
- Be sure to feed your child prior to the appointment and keep to their medication schedule.
- Be sure they keep their appointment!



Resources to find a pediatric dentist

Medi-Cal Dental Program: **800-322-6384** Rady Children's Hospital Health Care Referral Line: **858-966-4096**