

- Protect yourself from complications by taking these steps to reduce your risk!**
1. Make sure your dentures are sealed to keep bacteria and fungus from seeping into the plastic, they need to be sealed with Opti glaze each year at your checkup & oral cancer screening!
 2. Get properly fitting dentures. With increased risk that denture sores are going to be infected or cause the gums to recede, it's important to minimize irritation and other problems with poorly fitting dentures. When dentures stop fitting properly get them relined or adjusted.
 3. Take care of your dentures properly. Better cleaning and care of dentures will result in less risk of infection. Brush your dentures with or Soak your dentures in prescription anti-fungal/antibacterial mouthwash each night. (obtain this from your local dentist)
 4. Make sure your blood sugar levels are under control. Diabetes with controlled blood sugar levels have the same denture success rate as nondiabetics.
 5. Drink water regularly to prevent oral fungus & oral bacteria especially among diabetics who wear dentures
 6. Finally, closely monitor the condition of your mouth, and if you notice symptoms such as swelling, bleeding gums, bad breath, and burning in the mouth, you may need additional medications or treatments like artificial saliva to help keep your mouth healthy.

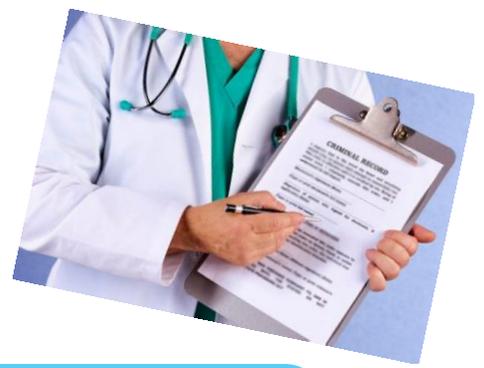
Diabetes & Dentures



Unfortunately, the diabetes complications in your mouth don't end when you lose your teeth and get dentures.

Instead, you have to take care to ensure that your mouth remains healthy with dentures.

Diabetics used to be advised not to wear dentures to prevent the possibility of getting severe complications prevalent among diabetics wearing dentures.

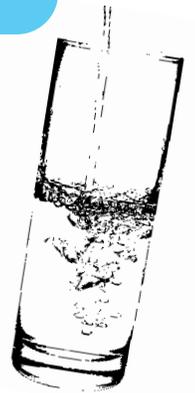


Every diabetic is all too familiar with dry mouth...and dry mouth causes bad breath, tooth decay, gum disease, bone loss, and loose teeth...in that order. And that's where dentures come into the picture.

10 Uses for COCONUT OIL



Coconut Oil can aid in dry mouth with natural lubricating properties if you rub a small amount on the entire denture, inside and out. Coconut oil also has natural antibacterial and antifungal properties.



Diabetes Increases Risk of Oral Health Problems:

- Dry mouth: Diabetes causes salivary glands to make less saliva. With reduced saliva, your mouth is more vulnerable to infection of gums or serious infection of dentures sores
- Higher levels of bacteria & Fungus: Saliva doesn't just keep your mouth moist, it's your natural antibacterial & anti-fungal rinse, without it oral bacteria & fungus grow faster
- Blood vessel limitations: diabetes reduces the supply of blood & nutrients to gums
- Gum disease: Diabetes can also lead to reduced blood supply to the bones of the jaw, which can lead to more bone loss as a result of gum disease & loose teeth.
- Increased bone resorption: Reduced blood supply makes teeth loose or your gums vulnerable to damage from poorly-fitting dentures. Gums can sometimes recede, exposing your bone directly.



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Hints on
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