

Are you adding dental checkups to your routine diabetes care?

Diabetes and oral health are connected!

If you have diabetes, making oral health part of your routine care can help keep your body healthy. Have you seen your dentist this year? Just like foot, eye and blood sugar exams, you should visit your dentist, too.

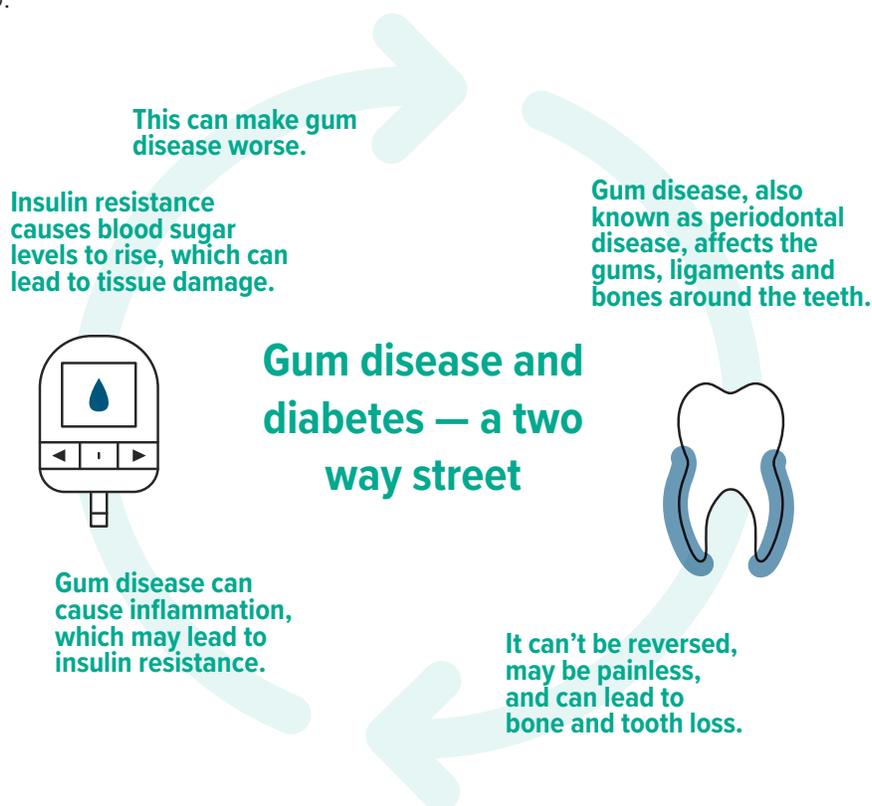
A two-way street

When you keep your teeth healthy, your overall health is better. When you take care of your diabetes, your oral health may improve.

There are risks, too:

Gum disease can make diabetes worse, and diabetes can increase the risk of gum disease.

This is why dental checkups are so important!



Questions to ask yourself



When was my last visit to the dentist?



Do I know how diabetes affects my teeth and gums?



Do I have any concerns about my oral health?



Do I know why a healthy mouth is an important part of my diabetes management?

What should you do?

Oral health issues and gum disease can show up in lots of ways, or you may not have any signs or symptoms at all. **Either way, it's still important to see the dentist at least once a year.**

Even if you don't have teeth, it's important to have a dental checkup, which includes an oral cancer screening and a denture check. If you have diabetes, make sure you:



- ▶ Have an annual dental exam: Tell your dentist about your medications and/or medical conditions.
- ▶ Brush and floss regularly: When you're at home, practice good oral health habits.
- ▶ Tell your dentist if you have symptoms of gum disease. Talk with your dentist if you have:
 - » Sore, swollen or bleeding gums
 - » Loose teeth
 - » Bad tastes in your mouth or bad breath
- ▶ Take your diabetes medication. Stay current to stay healthy.
- ▶ Stop smoking. Using tobacco makes gum disease worse.

Your dental benefits

All members have a comprehensive dental benefit package which includes services such as:



- ▶ Exams, X-rays and cleanings
- ▶ Fluoride treatments
- ▶ Deep cleaning for gum disease
- ▶ Fillings
- ▶ Tooth removal
- ▶ Partial dentures
- ▶ Full dentures
- ▶ Crowns
- ▶ Root canals

Limitations may apply.

Need help finding a dentist? We can help

You can find a link to your dental plan's provider directory on our website. Your dental plan is listed on the back of your Member ID card. If you can't find your card, are unsure of your dental plan, need a ride, or need translation or other language services, call CareOregon Customer Service at 503-488-2822, 855-722-8206 or TTY 711. You can also send us a secure message through our portal at colpachealth.org/portal



You can get this in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 855-722-8206 or TTY 711.

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