Take Charge of your Oral Health:

- Visit your hygienist for routine dental cleanings
- Make lifestyle changes such as better nutrition and exercise.
- Keep track of your HbA1c levels. 7% or less is normal
- Avoid smoking to reduce your risk of gum disease
- Utilize resources such as www.myplate.gov or www.nidcr.nih.gov for nutritional and dental related information

Let's put the mouth back into the body. It is just as important as the rest of you!

Questions? Concerns? Need a Cleaning?
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References


Taking care of your body includes taking care of your mouth.
The correlation:

Diabetes is an **autoimmune disease**. When the body’s immune system is compromised, you are more **susceptible** to oral infection.

Your mouth is the **gateway** to your body. If it isn’t healthy, you are affecting your entire body.

Oral Signs of Unmanaged Diabetes:
- Dry Mouth
- Tooth Decay
- Periodontal Disease
- Fissured/cracked Tongue
- Altered Taste
- Increased incidence of infection

The statistics:
- 29 million people living in the U.S. have diabetes
- 8 million people living with diabetes are unaware of their condition
- 90% of T2D patients experience oral complications
- 1 in 5 cases of tooth loss is related to diabetes

Diabetes In Native American Populations:
- The American Indian/Alaska Natives (AI/AN) population have a lower life expectancy and lower quality of life compared to other ethnicities.
- AI/AN are affected by a variety of chronic conditions and **has the highest rates of chronic liver disease and diabetes** compared to other ethnic groups.

Nutrition Is Important!

The Center for Disease Control (CDC) states that consuming the proper amount of daily nutrients is shown to reduce the risk of systemic diseases, such as diabetes.