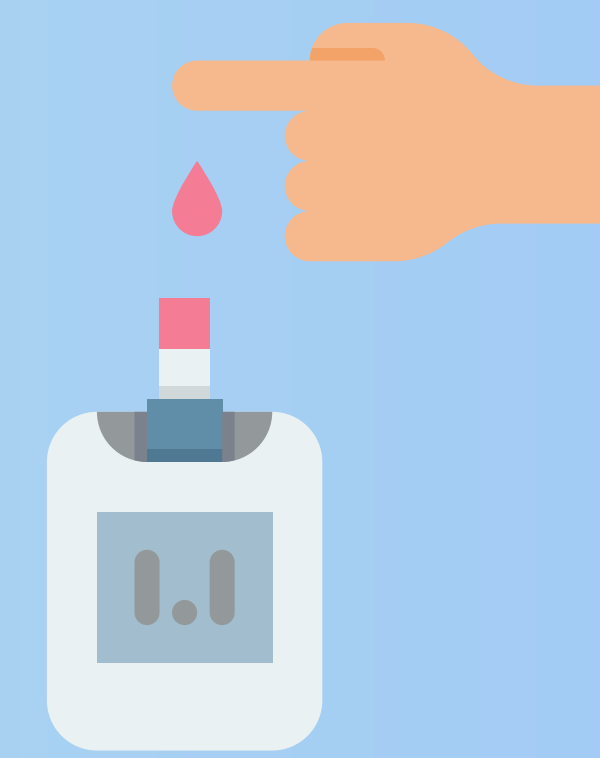




**WORLD  
DIABETES DAY  
14TH NOVEMBER  
2023**



# Diabetes and Oral Health

**Are you worried about diabetes?**

**Did you know diabetes can affect your oral health?**

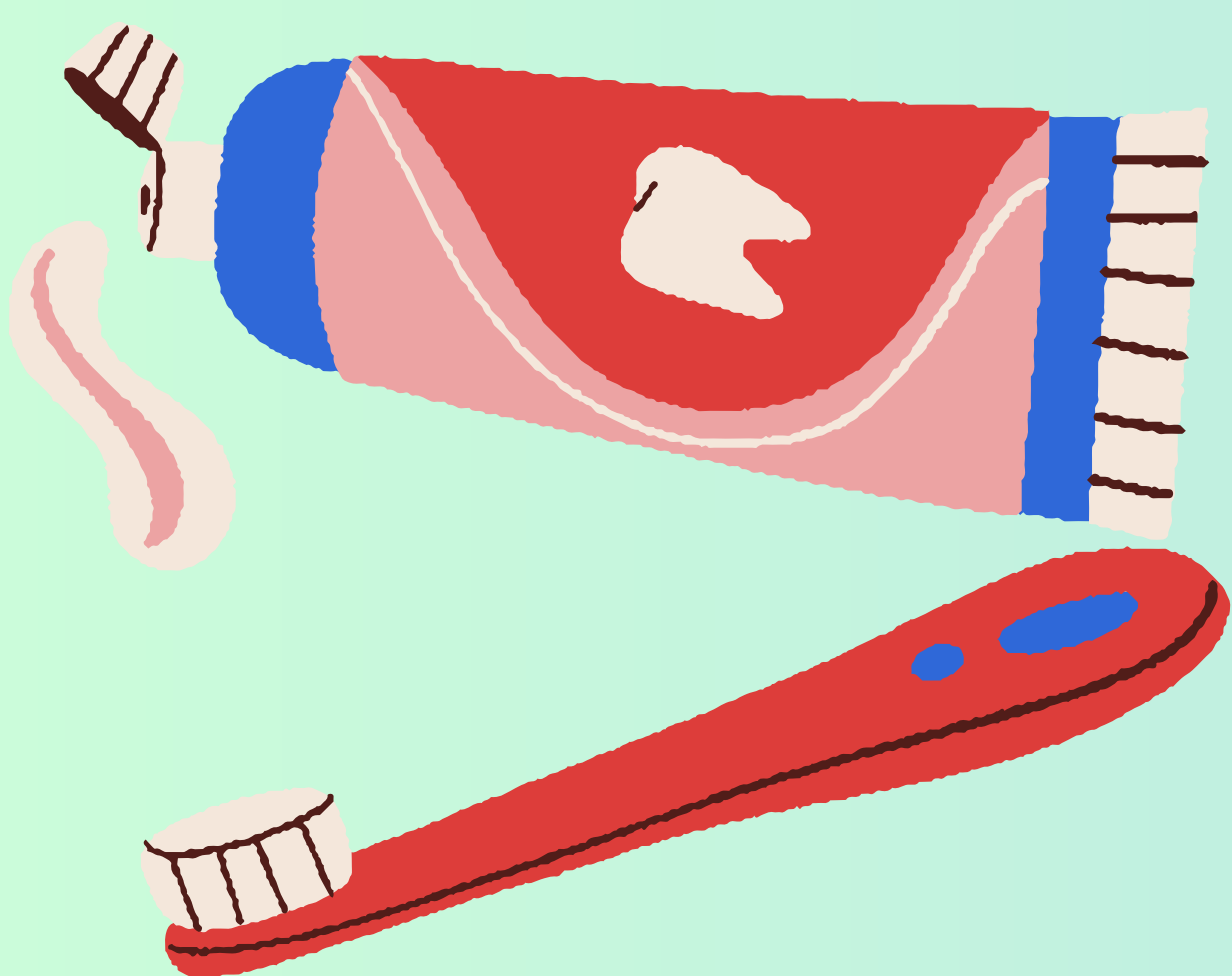
**Gum  
Disease**

**Bad  
Breath**

**Oral  
Thrush**

**Dry  
Mouth**

**To help prevent these conditions and  
improve your oral health:**



**Brush your teeth last  
thing before bed and  
at one other time of  
day using a fluoride  
toothpaste containing  
at least 1,350 ppm  
Spit don't rinse**



**Avoid sugary foods  
and drinks**



**Visit your dentist  
regularly,  
as often as  
recommended**