

Contact details for more information

Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2**, text via **ChatHealth 07312 263102** or email **Shropcom.pdsn@nhs.net**
- Diabetes Dietician on **01952 641222** extension **4874**

In an emergency/out of hours

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends.

All patients requiring advice should contact the Princess Royal Hospital switchboard on **01952 641222** and ask to speak to the paediatric registrar for diabetes advice.

References:

www.diabetes.org.uk/guide-to-diabetes/complications/gum-disease

Managing Type 1 Diabetes

Oral Health



What does the mouth do?

Every time we smile, frown, talk or eat, we use our mouths and teeth. Our mouths and teeth let us make different facial expressions, form words, eat, drink and begin the process of digestion.

The mouth is essential for speech. With the lips and tongue, teeth help form words by controlling airflow out of the mouth. The tongue strikes the teeth or roof of the mouth as some sounds are made.

When we eat, our teeth, cut, and grind food in preparation for swallowing. The tongue helps push food towards the teeth, and allows us to taste the food we eat. Salivary glands make saliva which moistens the food and helps break it down even more. Saliva makes it easier to chew and swallow foods (especially dry foods), and contains enzymes that help begin the digestion of foods.

How can Diabetes affect my oral health?

- You may have less saliva, causing your mouth to feel dry.
- Because saliva protects your teeth, you're also at a higher risk of cavities.
- Gums may become inflamed and bleed often (gingivitis).
- You may have problems tasting food.
- You may experience delayed wound healing.
- You may be susceptible to infections inside your mouth.
- For children with diabetes, teeth may erupt at an earlier age than typical.

Why are people with diabetes more at risk?

Having prolonged periods of high blood glucose levels can increase the risk of wounds and sores that don't heal well. Whilst wounds are present there is a higher risk of developing an infection, and the infection can develop quicker if blood glucose levels are above target. In the mouth this is most likely to be gum disease and thrush. Having levels within target range as much as possible reduces the risk of infection spreading.

What can I do to look after my mouth?

- Taking care of your mouth and teeth is an essential part of managing your diabetes.
- Attend all your medical appointments.
- Visit the dentist at least every year for a check-up and professional clean.
- Keep your blood glucose levels within target range.
- Choose healthy food and drink options.
- Attend your annual review with the dietitian.
- Brush your teeth twice a day with a soft brush and floss between your teeth. Children under the age of 7 should be supervised.
- Children over the age of 7 should be able to brush their own teeth however it is a good idea to watch them to ensure they are brushing for 2 minutes.
- Use a fluoride toothpaste.
- Don't start smoking, or get help to stop smoking.

What if there is a problem with my teeth?

- Early detection of any problem is key.
- Attend your dentist as advised and follow their advice.
- If you need to be admitted to the hospital for dental surgery please let the team know so that you can be supported throughout your admission.