

Young patients with well –
controlled diabetes have
no greater risk of dental
problems than anyone
else. Here we give you the
advice you need to keep
your mouth healthy so
you will have a great smile
for life!

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Family Dental Care

**Diabetes and
mouth health
for children**

Preventing problems:

It is very important for children with diabetes to get into good oral healthcare habits to prevent problems arising.

Snacking between meals is necessary for most children with Type 1 diabetes, but healthy eating guidelines apply. Children with hypoglycaemia need glucose or sugary food but it is important not to encourage them to see 'hypos' as a way to get sweets and chocolate.

Children who are old enough to chew sugar-free gum safely (over 6yrs old) can be encouraged to chew after meals for 20 minutes.

Regular dental visits are essential if glucose control is poor.

The dentist may suggest painting the new teeth with fissure sealant to prevent decay and recommend stronger toothpaste or fluoride supplements.

To keep the mouth healthy we recommend:

Good dental hygiene – twice daily brushing with fluoride toothpaste

Have regular dental check ups a least twice a year

Cut down on sugary snacks in favour of healthier options.

Chew sugar free gum for 20 minutes after meals.

If there is any conflict between managing the diabetes and the oral health (eg by taking extra sugar/ glucose), then diabetes management must take priority.