

XII. 糖尿病人牙齒的保養

糖尿病如何影響牙齦及口腔？

- 細菌感染
- 口腔血管變狹窄
- 口腔內神經受損

牙周病之症狀

- 牙齦紅腫及疼痛
- 牙齦出血
- 牙齦萎縮，牙齒顯得較長
- 口臭
- 牙齒咬合異常
- 假牙佩戴不再合適

如何保持牙齒及牙齦健康？

- 血糖度數保持正常
- 每日至少用一次牙線
- 每次進食後要用軟毛牙刷刷牙
- 保持假牙清潔
- 學習正確刷牙及使用牙線的方法
- 如有牙齒及牙齦問題，盡快通知牙醫
- 每年洗牙及做牙齒檢查兩次
- 應該告訴牙醫你患有糖尿病
- 戒煙

牙齒檢查之建議

每半年一次。如有牙周病，檢查次數可能需要更頻繁。

XII. Diabetic Dental Care

How does diabetes affect the gums and mouth?

- Bacterial infections
- Narrowing of the blood vessels to the mouth
- Damage to the nerves of the mouth

What are the symptoms of periodontal disease?

- Red, sore, and swollen gums
- Bleeding gums
- Gums pulling away from the teeth so the teeth look longer
- Loose or sensitive teeth
- Bad breath
- A bite that feels different
- Dentures that do not fit well



How to keep teeth and gums healthy

- Keep blood sugar as close to normal as possible
- Use dental floss at least once a day
- Brush your teeth after each meal and snack
- Keep dentures clean
- Ask the dentist to show you the best way to brush and floss your teeth and gums
- Call the dentist right away if there are any problems with your teeth and gums
- Have your teeth and gums cleaned and checked by the dentist twice a year
- Let the dentist know that you have diabetes
- Quit smoking if you smoke

People with diabetes should have dental checkups at least every six months, or more often if their dentist recommends it.