



laoha.org.br/eng
cohiweb.org

LAOHA and COHI thank
Colgate-Palmolive for the support

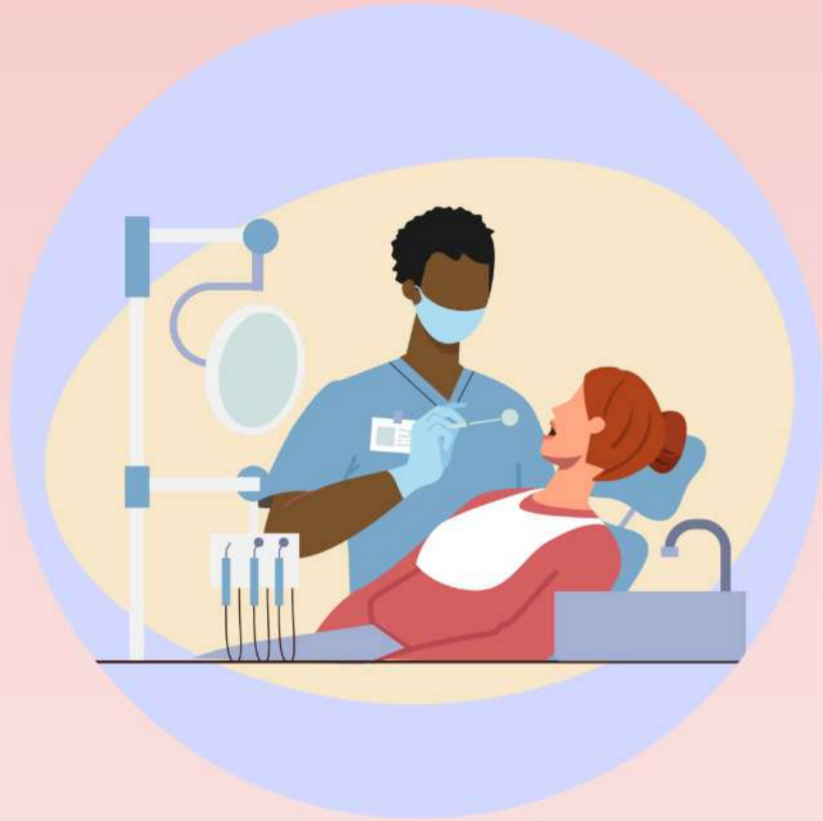


Technical support: Dr Carlos Benítez, Dr Paula Yunes, Dr Zilson Malheiros

**Now you know.
Take care of your gums:
Healthy mouth, healthy body.**



With some healthy habits, you can prevent damage to your oral health and control your diabetes safely.



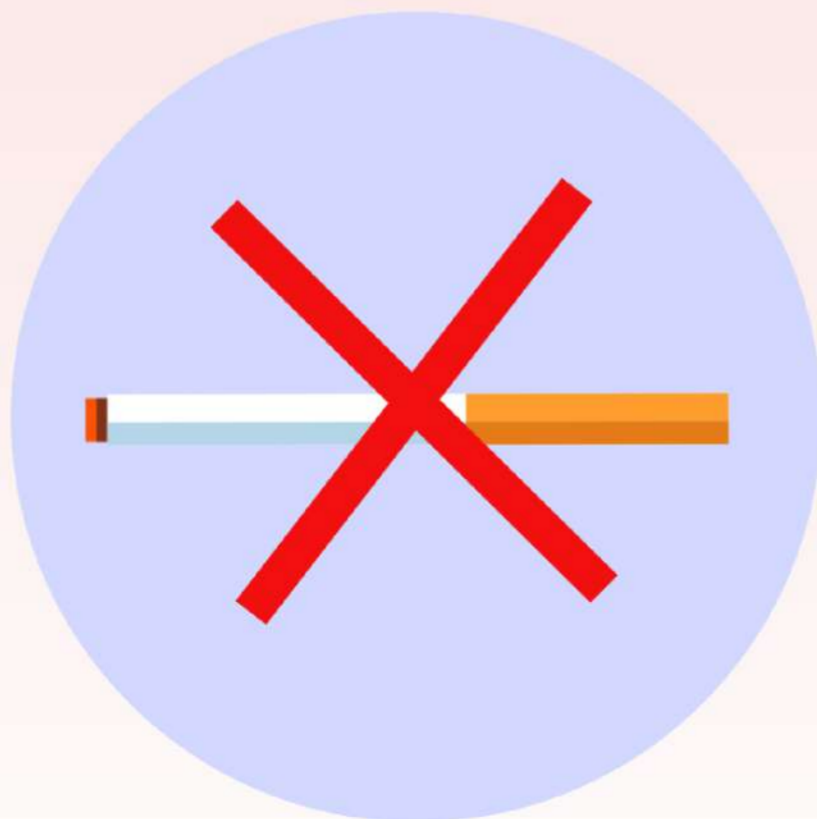
Keep regular checkups with your doctor and dentist



**Brush your teeth at least twice a day.
Floss or use an interdental brush daily**



Use the mouthwash recommended by your dentist



Avoid smoking



Take your medications

Uncontrolled diabetes can worsen some signs of gum disease such as



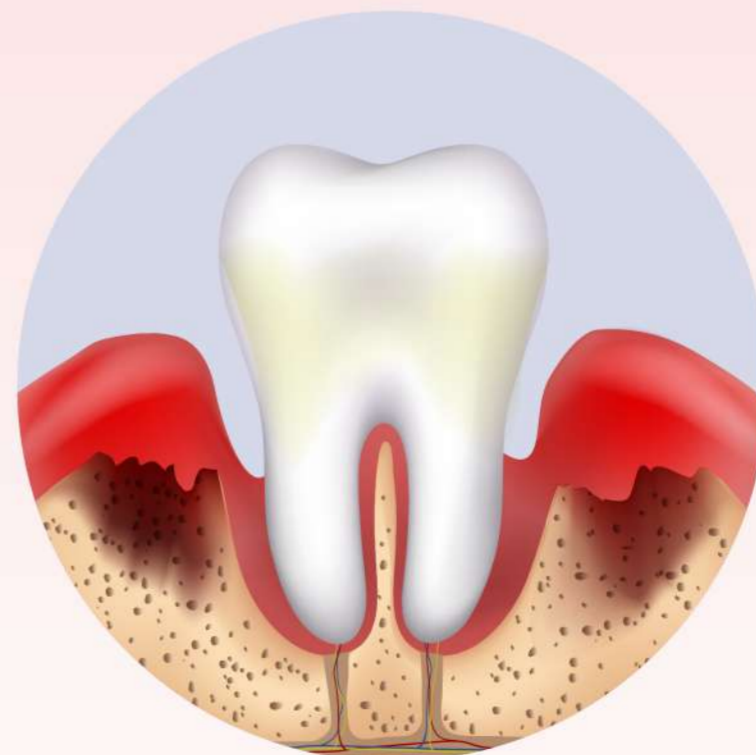
Bleeding gums



Bad breath



Tooth mobility



Bone loss

**Diabetes and oral health
are directly linked.**



537 million people in
the world who have diabetes, with
aprox 50 million in
Latin America

Severe periodontal diseases are estimated to
affect around **14%** of the global adult population,
representing more than **one billion** cases
worldwide**

* IDF Diabetes Atlas

** World Health Organization. Ref. Global Burden of Disease Collaborative Network; 2020.

. Available from <http://ghdx.healthdata.org/gbd-results-tool>





Diabetes and Oral Health