



## How do I access dental care?

- Visit your private dentist or health fund  
Find a dentist: <https://www.ada.org.au/Find-a-Dentist>
- Contact public dental clinics if you are eligible



Local Health District Public Dental Contact Centre	Phone Number
Sydney	(02) 9293 3333
South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW, Mid North Coast and Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee	1800 450 046
Southern NSW	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	1800 450 046
Far West	(02) 6809 8621
Western NSW	1300 552 626

## What do I need to discuss with my health care provider?

- Tell them about any teeth and gum problems
- Inform them of any treatments a dentist has suggested

## What do I need to discuss with my dentist?

- Inform them about your diabetes and any other health conditions
- Tell them about any medications you are taking



# Diabetes & Oral Health



Taking care of teeth & gums is important for managing your diabetes

Proudly supported by the NSW Government in association with South Western Sydney Local Health District and Western Sydney Local Health District



## How can diabetes affect my teeth and gums?

Diabetes can cause problems such as:

- Dry mouth
- Teeth and gum disease

*Gum disease also makes it harder to manage diabetes*

## Teeth and gum problems that you might see

- Red, swollen or bleeding gums
- Loose teeth
- Gums that are loose and pull away from teeth
- Bad breath
- Sensitive or sore teeth
- Loss of taste
- White patches on the tongue, cheeks or roof of mouth

## What can I do to prevent teeth and gum problems?

- Brush your teeth two times a day
- Use a toothbrush and fluoride toothpaste
- Clean between your teeth using floss or an interdental brush
- Clean your dentures daily
- Visit your dentist at least once per year or as advised by your health care provider
- Manage your blood sugar levels



## What are my healthy choices?

- Choose water as your everyday drink
- Eat regular meals and spread them evenly throughout the day
- Eat plenty of fruits and vegetables
- Limit foods and drinks high in added sugars, saturated fats and salt
- If you choose to drink alcohol, limit intake to no more than 2 standard drinks per day
- Do not smoke - if you do, try and quit. Call Quitline 137848 for support
- Try to do 30 minutes of physical activities daily

*Everyone's needs are different so please see your doctor/dietitian for advice and ask about any Medicare benefits for this*

