

team  
diabetes  
101

# Looking after your teeth



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# Why are teeth so important?

**Teeth help us to  
eat and chew**



**Teeth help us to  
speak**



**Teeth help us  
to smile**



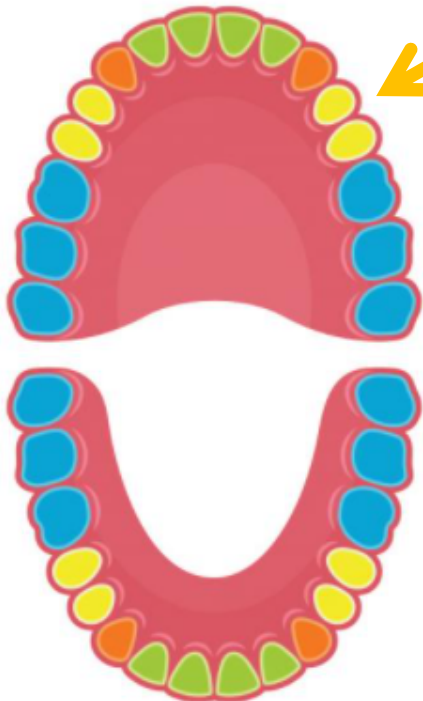
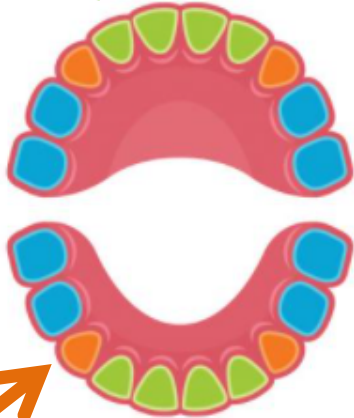
# All our teeth have different names

**Incisors**

Sharp teeth at the front that bite into food

Primary Teeth

Secondary Teeth



**Premolars**

Adult teeth that come through when you're around 10 years old. Used to chew.

**Canines**

Pointed teeth that look like fangs used to tear food

**Molars**

The biggest teeth used to chew and grind food

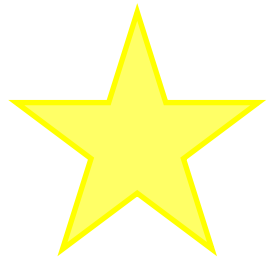
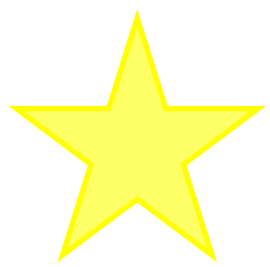
All our teeth are important so we must look after them all!

# Did you know?...

If you have diabetes, you have a higher risk of tooth decay compared to your friends

High blood glucose levels = more sugar in your saliva

Children and teens with diabetes have a higher risk of developing gum problems

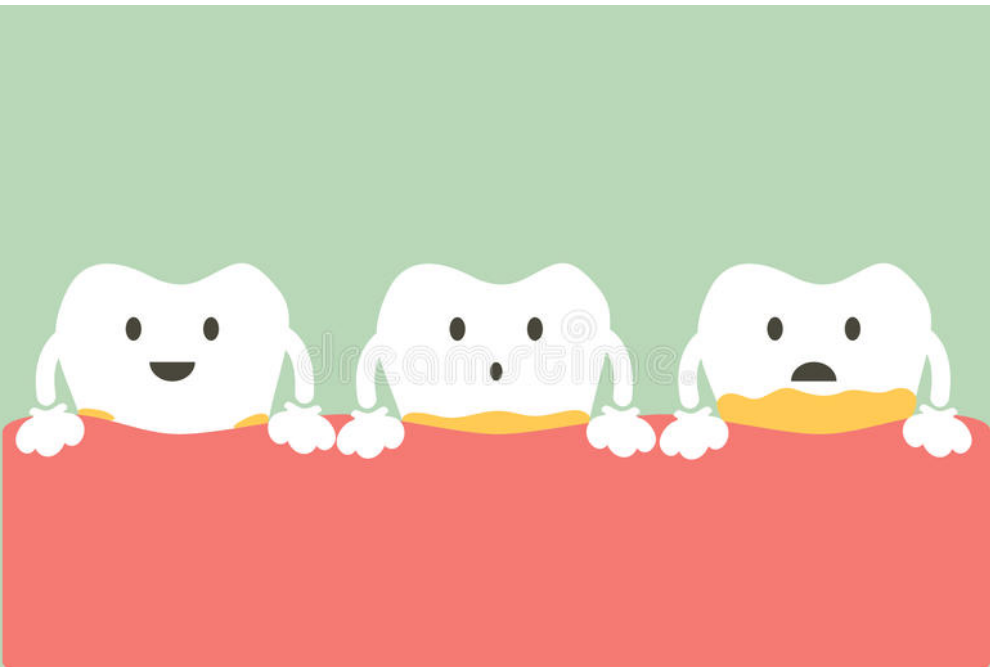


## But what causes tooth decay?

- ❖ Dental plaque is a sticky film of bacteria that forms in the mouth
- ❖ Bacteria feeds on starches and sugar in food and drinks
- ❖ This bacteria produces an acid that causes damage to teeth

**THINK!** The higher your blood glucose level, the greater the supply of sugar!

**THINK!** A high blood glucose level helps the formation of more acids that decay the teeth!



## And what about gum problems?

- ❖ If plaque isn't removed daily, gums can get red and bleed
- ❖ A build up of plaque eventually hardens into calcium known as Tartar
- ❖ What you see happening on the outside of your gums, also happens inside your gums and can cause the destruction of the underlying tissues.

HEALTHY GUM



GINGIVITIS



PERIODONTITIS



# What about oral thrush?

- ❖ Thrush is a fungal infection you can get in your mouth
- ❖ It doesn't hurt, but causes white spots on your tongue, cheeks, gums and throat
- ❖ A higher sugar level in saliva promotes the growth of fungus

## Remember!

High blood glucose level  
=

More sugar in your saliva!

More sugar in your saliva  
=  
more fungus can grow!



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So guys... Its extra important to brush those teeth twice a day!

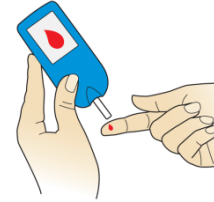
Think about the hypo treatments you have when your blood glucose is low too... they have 1-4 spoonfuls of sugar in to get you back into range!





# The best defence for children's teeth

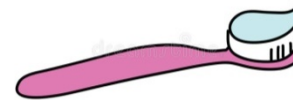
1. Manage blood glucose levels
2. Eat a diet rich in calcium and Vitamin D to ensure strong bones and teeth



3. Brush teeth twice a day - morning and night



4. Use a soft to medium bristle brush



5. Replace their toothbrush every 3 months



6. Use an age appropriate fluoride toothpaste



7. Starting from age 2, children with Diabetes should attend the dentist for a check up every 6 months. You can take younger children though to get them used to going



# Looking after babies teeth

Parents should start brushing babies teeth as soon as they come through

Use a baby toothbrush

Parents: set a good example by letting toddlers see you brush your teeth

Use a smear of flouride toothpaste for babies and toddlers up to 3 years old

Don't worry if you don't manage to brush much at first!

There's no need to rinse with water!

The best drinks for babies are their usual milk and water!



# Children aged 3-6

Mum or dad should brush your teeth for you or **help** you

**Brush twice a day.** Before bed and 1 other time

**All your teeth need to be brushed** in small circles – including the ones right at the back!

Use a **pea sized amount** of toothpaste (1000ppm – 1500ppm fluoride)

Stand in front of a mirror with mum or dad behind you and tilt your head back

There's no need to rinse with water!

**Brush teeth for 2 minutes**

**Don't run around** with a toothbrush in your mouth!



# Children aged 7+

Brush twice a day.  
Before bed and 1  
other time

Ask your dentist  
about flossing your  
teeth. This gets rid  
of food that the  
toothbrush can't  
get

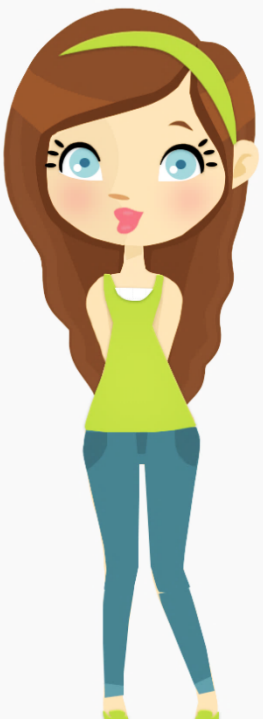
All your teeth need  
to be brushed in  
small circles –  
including the ones  
right at the back!

Use a pea sized  
amount of  
toothpaste  
(1350ppm – 1500ppm  
fluoride)

Brush teeth  
for **2** minutes

There's no  
need to rinse  
with water!

Try a  
mouthwash  
after hypo  
treatments



# How much toothpaste?

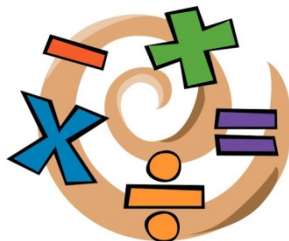
A pea sized amount for any children and young people over the age of 3



Amount of Fluoridated Toothpaste Recommended

# Make brushing your teeth more fun!

Do a mental maths challenge



Play a song for 2 minutes



Use a timer



Have a dance



Brush together

# What to do when teeth fall out

If it's a **wobbly baby tooth**, then do not panic! Put it under your pillow at bed time for the tooth fairy to collect

Zzzzz...



# What to do when teeth fall out

If its one of your adult teeth do not panic! They can usually be saved.

*Accidents happen!*

1. Hold it by the bit that sticks out of your gum (not the roots)
2. Lick it clean or quickly rinse it under water (no more than 10 seconds)
3. Try to put it back in the hole in your gum  
If it goes back in, bit down gently on a clean cloth to hold the tooth in place.

## If it does not go in easily

- Put it in milk OR
- Put it in saliva  
(spit into a container and then put your tooth in)

Contact your Dentist or NHS 111  
even if your tooth is back in, or it is lost.





# NHS dentists

Anyone under the age of 18, or under 19 and in full time education is entitled to free NHS dental treatment

Find a dental surgery that is convenient for you- whether it is one near to your home, or your child's school

Let your child's dentist know that they have Diabetes and which type they have

If you can not find a dentist accepting new patients, speak to your child's school nurse, or contact NHS England's customer contact centre on 0300 311 2233

