

Dental Hygiene & Type 1 Diabetes

Tooth decay can occur when acid is produced from plaque, which builds up on your teeth.

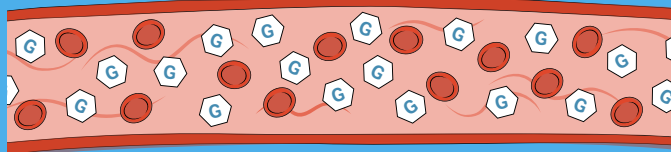


Plaque can build up on the teeth and can lead to further problems, such as 'dental caries', which are holes in the teeth. Plaque buildup can also cause gum disease and dental abscesses.

Gum disease is more common if you have Type 1 Diabetes. This can happen when there is more plaque accumulation and your immune system can't fight against the bacteria due to poor blood circulation in the gums.

High glucose levels can lead to more sugar in your saliva, and that creates the perfect breeding ground for plaque bacteria.

This bacteria produces acid which attacks your tooth enamel causing cavities.



The longer sugar is present, the higher the risk of tooth decay.

Tooth decay may not cause any pain. However, things you might experience are:

- **Toothache** - Either continuous pain keeping you awake or occasional sharp pain without an obvious cause.
- **Tooth sensitivity** - You may feel tenderness or pain when eating or drinking something hot, cold or sweet.
- **Grey, brown or black spots appearing on your teeth.**
- **Bad breath.**
- **An unpleasant taste in your mouth.**

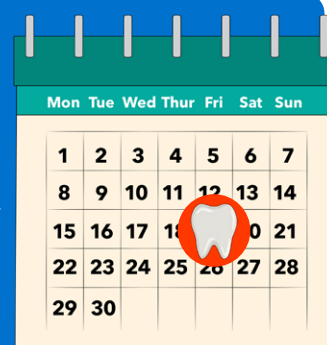


Keeping your glucose levels in range will help, you should also maintain good oral hygiene.

Clean your teeth at least twice a day. This is particularly important as the teeth are exposed to sugary hypo treatments.



Visit your dentist regularly, so early tooth decay can be treated as soon as possible. Tooth decay is much easier and cheaper to treat in its early stages.



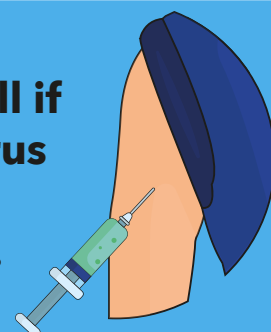
Consider taking liquid hypo treatments through a straw to avoid the teeth.

Vaccinations & Type 1 Diabetes

When you have Type 1 Diabetes, every year it is recommended to get vaccinated against...

Covid

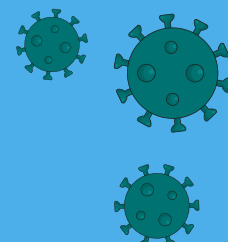
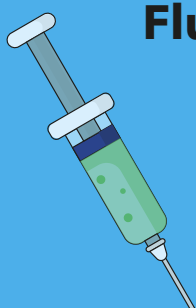
You are more vulnerable to becoming very unwell if you have Type 1 Diabetes and you get coronavirus (Covid-19). Coronavirus vaccines are the most effective way to prevent that from happening.



Flu

Flu can make your diabetes harder to manage and cause your blood glucose levels to rise.

It's recommended that people with diabetes take up the offer of flu vaccinations as they are vulnerable to serious complications from flu.



The flu jab or nasal spray will protect you from the most common strains of flu, but not all strains. You still can become ill with flu even if you've had the jab. However, those who have had the jab should experience a milder illness.