

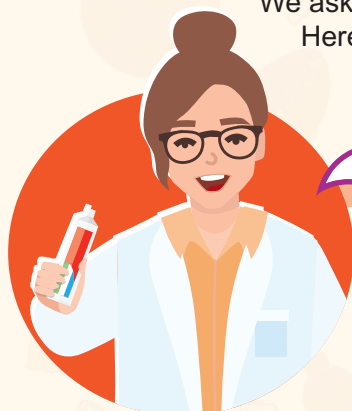
Looking after your teeth

when you have Type 1 Diabetes



Everybody needs to look after their teeth. If you have Type 1 diabetes there will be times when you need to treat hypos with glucose tablets, sweets or drinks that have sugar in them. This means you might need to take extra care of your teeth to avoid tooth decay.

We asked some friendly dentists to explain what you need to know about your teeth. Here's what they said.



"It's important to brush your teeth twice a day with toothpaste that has fluoride in. You can also use a fluoride mouthwash at a different time of the day."

"If you are drinking a drink with sugar in, use a straw. Rinse your mouth afterwards with a fluoride mouthwash or water."

How much fluoride?

The recommended amount of fluoride in toothpaste is 1350ppm-1500ppm. Check the box to see how much fluoride is in your toothpaste!

How much toothpaste?

For children under 3, a blob of toothpaste the size of a pea should be used.

For children over 3, use a blob of toothpaste about twice the size of a pea.

"If you are old enough to chew gum safely, you could chew a piece of sugar-free chewing gum after eating sweets or drinking a drink with sugar in."

"If possible avoid using carbonated drinks and sticky sweets to treat a hypo."

"It's important to visit a dentist regularly (twice a year!). Talk to your dentist if you think you might have problems with your teeth."

