

DIABETES AND YOUR MOUTH HEALTH

AnOxident *balance*
Anti-oxidant, Glucose-barrier Technology



DID YOU
KNOW THAT IF YOU
HAVE DIABETES YOU CAN
HAVE AS MUCH AS
4 TIMES
MORE SUGAR
IN YOUR SALIVA THAN
NORMAL.

DIABETES AND GUM DISEASE: A VICIOUS CIRCLE

If you suffer with diabetes your sugar-saturated saliva constantly bathes your teeth and gums providing nourishment for harmful germs which can help plaque to develop.

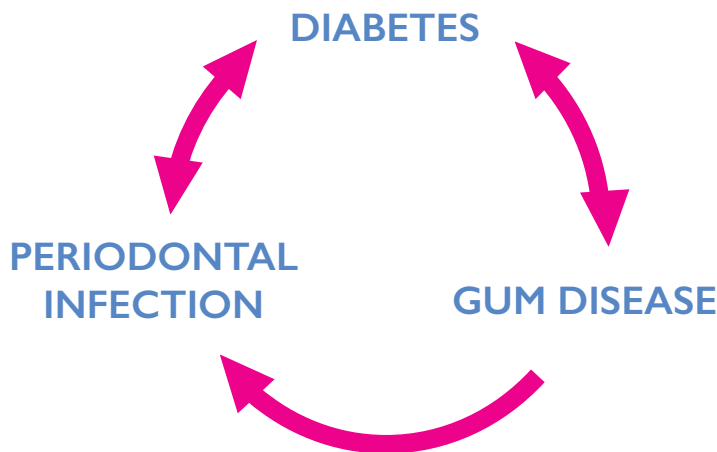
High levels of plaque can lead to tooth decay, tooth loss and early gum disease, known as gingivitis. Gingivitis is the leading cause of tooth loss. If left untreated gingivitis can lead to periodontitis – advanced gum disease. These high levels of sugar in your saliva can make gingivitis occur faster than it normally would.

So, no matter how careful you are about avoiding sugary foods or drinks, if you have type 1 or type 2 diabetes you are very prone to developing tooth decay and gum disease. And, because diabetes impairs your natural healing mechanisms, it is more difficult for you to fight oral infections such as periodontitis.

To make matters worse, it's a vicious circle...

Recent research shows that gum disease may have a negative effect on your blood sugars too.

So, it makes sense to take steps to control gum disease because this can help improve your blood sugar levels too.



OTHER ORAL SIDE EFFECTS OF DIABETES

DRY MOUTH (also known as Xerostomia)

This is a recognised side-effect of diabetes and can worsen as diabetes goes on. It is probably brought on by medication but may also be due to a change in your immune system.

Having dry mouth means that you have less saliva, but this doesn't mean you are any less exposed to excess salivary glucose.

Moreover, because your saliva contains important antimicrobial mechanisms to help protect your teeth and gums, having dry mouth also means you have less natural protection in your mouth which, in turn, leads to increased levels of decay and gum disease, in addition to the difficulties associated with excess salivary glucose.

ORAL THRUSH

Oral Thrush is a fungal mouth infection and is common in people suffering with diabetes. You can recognise Thrush from white (or sometimes red) patches in the mouth and on the tongue. These patches can become painful and turn into ulcers.

They are particularly uncomfortable and problematic if you wear a denture.



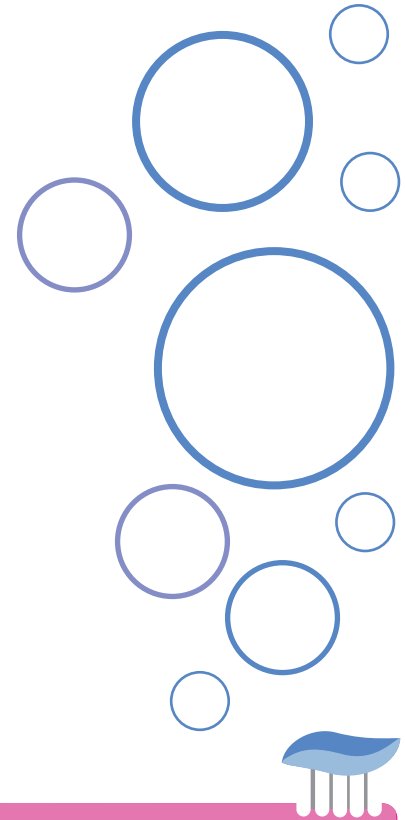
HOW CAN I RECOGNISE THAT I HAVE GUM PROBLEMS?

Here are some of the signs of gum disease that can occur with diabetes:

- Gums that pull away from your teeth exposing the roots.
- Redness or swelling of the gums.
- Gums that bleed when you brush your teeth.
- Sensitive or loose teeth.
- Dentures that don't fit well.
- Bad breath or a bad taste in your mouth.
- A white fungal deposit known as Thrush.*
- Milky white or yellowish plaque deposits, which are usually heaviest between the teeth
- Pus between the teeth and gums accompanied by tenderness or swelling in the gum area.
- A consistent foul, offensive odour from the mouth.

**Thrush causes white or red patches in your mouth that can burn or feel sore. If you have any symptoms of thrush your dentist or doctor may prescribe an antifungal drug treatment.*

Book a dental appointment right away if you have any of these signs.





THE IMPORTANCE OF SELF-HELP

Just as with all your other diabetes management programmes, you can also take action yourself to help reduce mouth problems.

It is important to carry out rigorous daily oral hygiene regimes, visit your dentist regularly and maintain good blood glucose control to help reduce the risk of diabetes-related periodontal problems.

WHAT CAN I DO TO HELP PREVENT GUM DISEASE?

- Brush at least twice a day.
- Rinse with a plaque-control mouthwash
- Visit your dentist regularly.
- Avoid snacking between meals and limit sugary treats to meal times
- Avoid sugary and acidic drinks

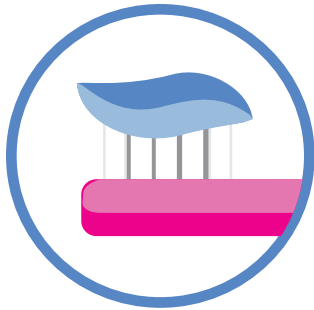
Use a specialist mouthcare treatment, such as AnOxidant *balance* to help reduce excess sugars in your mouth.

If your mouth feels dry use the specially developed products - AnOxidant *balance* Oral Spray and Oral Gel.

Use an alcohol-free mouthwash such as AnOxidant *balance* Oral Rinse and brush with AnOxidant *balance* Toothpaste.

All the AnOxidant *balance* products contain glucose-control, saliva-mimicking ingredients.

4 SIMPLE STEPS TO HELP PREVENT EXCESS GLUCOSE IN YOUR MOUTH, DAY & NIGHT



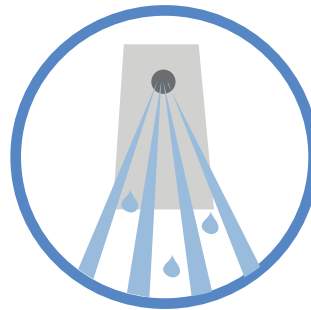
Step 1 TOOTHPASTE

Brush your teeth twice a day for 2 minutes each time with AnOxidant *balance* Toothpaste. Then floss or use interdental brushes to clean between your teeth.



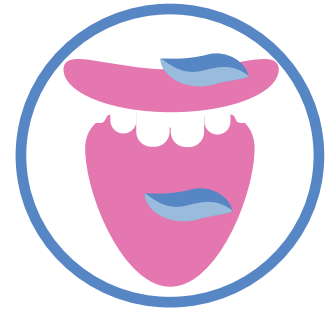
Step 2 ORAL RINSE

To maintain a concentration of active ingredients on your teeth and gums, rinse with AnOxidant *balance* Oral Rinse instead of water.



Step 3 ORAL SPRAY

Control the build-up of excess salivary glucose during the day with AnOxidant *balance* Oral Spray in between brushings. Spray ad libitum.



Step 4 ORAL GEL

For 'through-the-night glucose-control apply a thin coat of AnOxidant *balance* Oral Gel to gums and tongue or under dentures before going to sleep.

BIO-ACTIVE INGREDIENTS:

Milk Protein Extract with DUOX - maintains your mouth's healthy pH.
Milk-derived Lactoferrin-NFQ - promotes healthy microbes. Anti-oxidant

Plant-derived Cucumis Melo - anti-oxidant
Xylitol - guards against caries
Fluoride - strengthens teeth.



AnOxident *balance* Toothpaste

- Protects teeth and gums from excess salivary glucose
- Helps restore your mouth's healthy pH balance
- Boosts anti-oxidants
- Strengthens teeth



AnOxident *balance* Oral Rinse

- Guards against plaque and strengthens teeth
- Helps regulate pH
- Provides essential anti-oxidants
- Promotes mouth freshness



AnOxident *balance* Oral Spray

- Reduces excess salivary glucose during the day in between brushings
- Moisturises dry gums
- Promotes mouth health, comfort and freshness



AnOxident *balance* Oral Gel

- Stops night-time build-up of excess salivary glucose on and around the teeth
- Boosts anti-oxidants
- Supplements salivary defences
- Lubricates mouth surfaces throughout the night



PROTECT YOUR **SWEET** SMILE

AnOxident[®]balance

Anti-oxidant, Glucose-barrier Technology

A unique mouth care range to help protect your teeth and gums from the harmful effects of excess salivary glucose.



Manufactured as Medical Devices by
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