# *Empower* every *Smile*



Taking good care of your mouth is important to your overall health and well-being, and ***good oral habits*** help prevent pain and infections from tooth and gum disease.
If you have diabetes, this matters even more because
**high blood sugar can weaken the white blood cells that fight infections in your mouth.**[1]

## ***Oral health tips*** to protect and strengthen every ***smile*** [1,2]

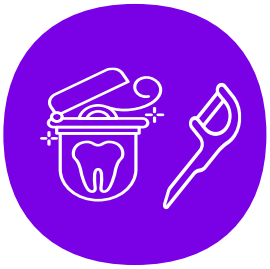
**Let your dentist know** that you have ***diabetes.***




**See your dentist** ***twice a year.***
- ✓ May recommend ***cleaning every 3 months.***
- ✓ May suggest an ***antibacterial mouth rinse or antibiotics.***

**Brush your teeth** ***twice a day*** with **fluoride toothpaste for** ***2 minutes.***





**Floss** ***once a day*** to remove food and plaque between your teeth.



**Watch for gum changes** like redness, swelling, or bleeding. These may be ***signs of gum disease.***





If you smoke, **take steps to quit**. Smoking ***increases your risk of gum disease*** and ***can worsen your diabetes.***

You have the power to **keep your smile strong and healthy**.
With a few simple habits, you can ***protect your gums*** and ***support better diabetes control.*** [1,2]

References :
1. Oral Health and Diabetes. Available at https://www.cdc.gov/diabetes/diabetes-complications/diabetes-and-oral-health.html#cdc_generic_section_2-more-than-a-sweet-tooth. Accessed 02 February 2026
2. Oral Health. Available at https://diabetes.org/health-wellness/keeping-your-mouth-healthy. Accessed 02 February 2026

This material is intended for patient education purposes.

sanofi
Sanofi Winthrop Industrie
82 avenue Raspail 94250 Gentilly, FRANCE
MAT-GLB-2605404 | Version 1.0 |