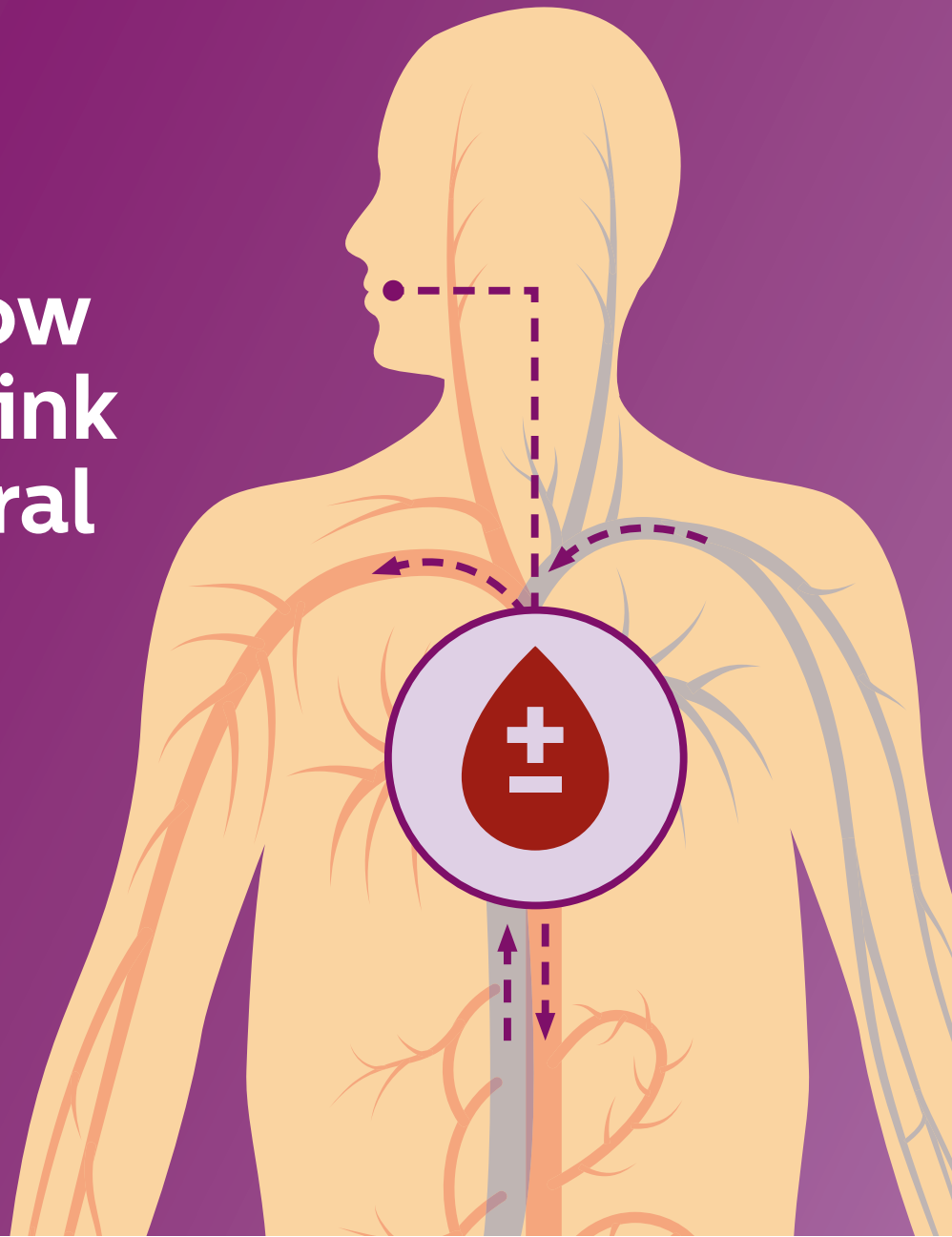


# Do you know about the link between oral health and diabetes?



## The mouth is the gateway to the body

Evidence from recent studies indicates that people diagnosed with Type 2 diabetes are at an increased risk of developing gum disease, and that those cases are likely to be more severe than in patients without diabetes.<sup>1</sup> When harmful bacteria build up in your mouth, gum diseases like periodontitis may permit bacteria to enter the blood stream and spread throughout the body potentially increasing health risks.<sup>2</sup> While current research has not established causation, the correlations are notable.

# Small steps with a big impact

An effective daily oral care routine can keep your mouth healthy and may contribute to better overall health.



## Brush

The right tool and technique make all the difference – speak with your dental professional about how to improve your brushing



## Interdental cleaning

The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly for healthy gums



## Rinse

Use a therapeutic mouthwash to help reduce plaque and gingivitis



## Checkups

Even with the best at-home care, you should visit your dental professional twice a year



## The early signs of gum disease

Detect gum disease early by monitoring your oral health. Here's what you should look for:

- Bleeding gums when you floss or brush
- Red, swollen and tender gums
- Persistent bad breath or bad taste

Have you experienced any of these symptoms? Consult your dental professional.

## At-home management of periodontitis with Philips Sonicare

In a six-month clinical study, Philips Sonicare was shown to offer significant benefits to patients managing mild to moderate periodontitis at home post nonsurgical periodontal therapy.<sup>3</sup>

### 4 weeks

Philips Sonicare reduces pocket depth

### 4 months

Up to 15x more Sonicare patients converted to "healthy" gingival status vs. manual toothbrush users<sup>4</sup>

### 20 weeks

Gum bleeding was reduced up to 106x better than a manual toothbrush

### 6 months

Up to 90x more patients had reduced pocket depth using Sonicare vs. a manual toothbrush<sup>5</sup>

Results from study using a Philips Sonicare DiamondClean Smart power toothbrush with a Premium Gum Care brush head



Learn more about Philips Sonicare products at [philips.com](https://philips.com)

