

Visiting your dentist

You are entitled to **FREE NHS dental services** if you:

- ▶ Are under 18 years of age
- ▶ Are 18 years of age and in full-time education
- ▶ Are pregnant
- ▶ Had a baby in the last 12 months
- ▶ Are currently in prison or in a young offender's institution
- ▶ Hold a HC2 Certificate
- ▶ Have an NHS Tax Credit Exemption Certificate/Card

You are also entitled to **FREE NHS dental services** if you **OR** your partner receive:

- ▶ Income support
- ▶ Income-based Jobseeker's allowance
- ▶ Income-related Employment and Support Allowance
- ▶ Pension Credit Guarantee

To Find Your Local NHS Dentist:

Visit NHS Choices website at www.nhs.uk/dentists

Or call your local Healthwatch on **0116 251 8313**

If you do not have a dentist and require urgent dental care please call 111. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.



Help with quitting

Giving up smoking can significantly reduce your risk of gum disease and oral cancer.

For **FREE** advice and help on quitting:

- ▶ Speak to your doctor or dentist
- ▶ Visit the Stop Smoking Service for Leicester City at www.stopsmokingleic.co.uk
- ▶ Telephone on **0116 454 4000**
- ▶ Email stop@leicester.gov.uk



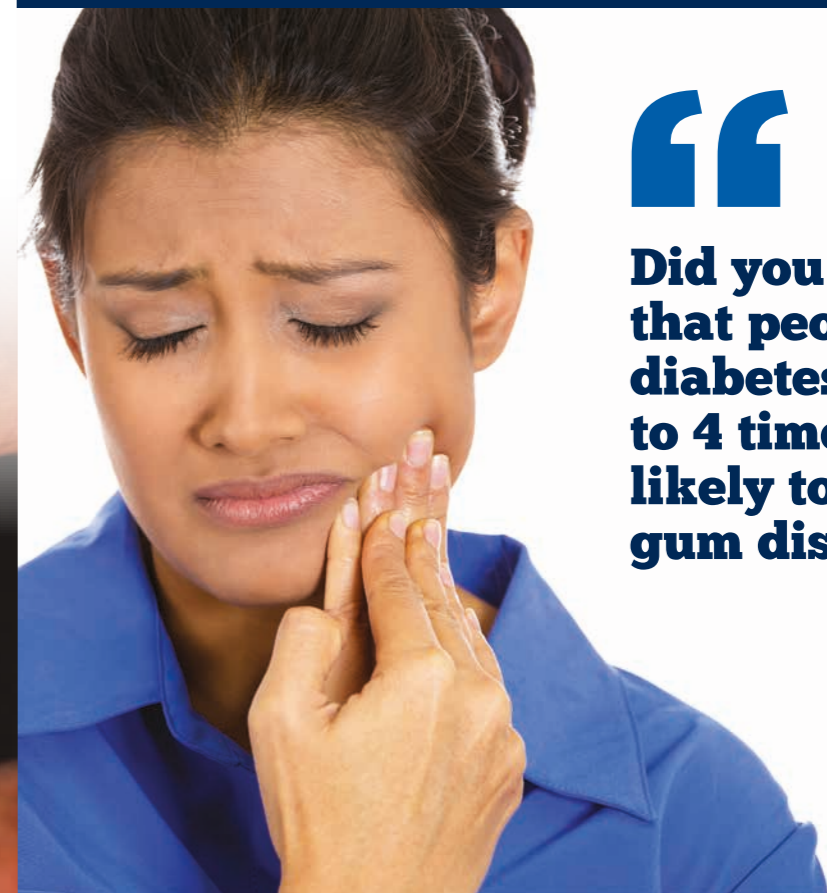
Diabetes and Oral Health



Healthy Teeth, Happy Smiles!



Did you know that people with diabetes are 3 to 4 times more likely to get gum disease?





Gum disease may result if diabetes is poorly controlled.

Gum disease can make it harder to control diabetes.

If gum disease persists, this can lead to early tooth loss.

Diabetes, smoking and oral health

People with diabetes who smoke are 20 times more likely than people with diabetes who do not smoke in developing gum disease.

Smoking also affects healing in the mouth, especially if you need an extraction.



See the back page for help on quitting

What can I do?

Brush your teeth last thing at night and on one other occasion.



If you wear dentures, remove them and clean them daily. Do not sleep in them.

Floss daily.



Quit smoking.



Visit your dentist as regularly as advised.



“ Diabetics with good oral hygiene and good sugar/glucose control have a better chance at preventing gum disease. ”

Help the dentist to provide the best care for YOU at EVERY visit!

- Best time for dental visit is when your blood sugar level is normal and medication level low. If you are on insulin, try to book your appointment soon after breakfast.
- Take a list of all your medications to show your dentist.
- Tell your dentist about any episodes of low blood sugar (insulin reaction) as you can be at risk of having another episode.

IMPORTANT - Follow your dentist's instructions carefully as healing may take longer in diabetics.

For further details on oral health visit our website at www.leicester.gov.uk/healthyteethhappysmiles

Or scan this QR code

