

# **Diabetes and Halitosis**

Unmanaged diabetes leads to high blood sugar levels in the mouth fluids facilitating the growth of bacteria which then combines with food to form a soft, sticky film referred to as plaque. Coupled with poor dental hygiene, this can result in an unpleasant odor of the mouth called halitosis.

Halitosis can lower your self-esteem, affect your relationship, contribute to depression and thus affect the quality of your life.

Below are the tips to control/prevent bad breath for type 2 diabetes patients.

- Observe proper dental hygiene- Brush your teeth and tongue twice daily with fluoridated toothpaste.
- Avoid foods that can cause bad breath
- Maintain good control of your blood sugar. Sometimes this may mean cutting out sugary food and drinks.
- Drink water to keep yourself hydrated
- Visit your dentist regularly.
- Quit smoking

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