

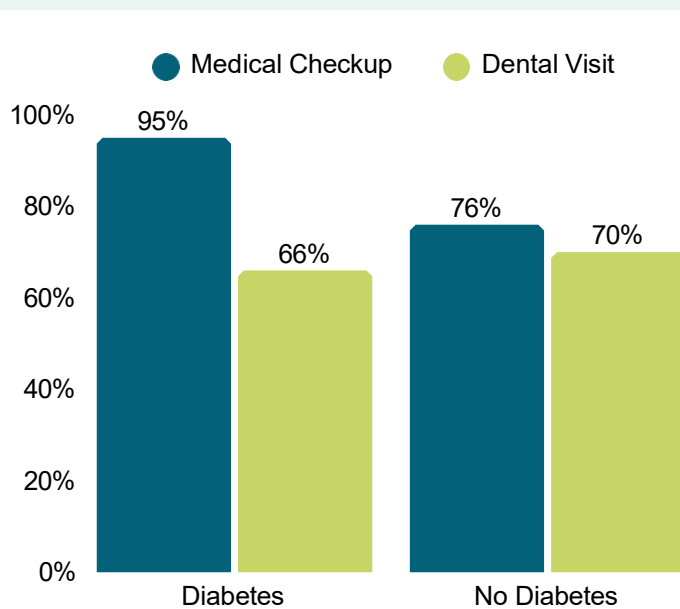
# Diabetes: A Healthy Mouth Matters

## Did you know?

- When blood sugar is high, it is harder for your body to fight germs. This makes gum disease more likely.
- Untreated gum disease can make it harder to control your diabetes.
- Treating gum disease can help lower blood sugar over time and may reduce the risk of other health problems like heart and kidney disease.



## A Gap in Care: Doctor vs. Dentist Visits



There's a big difference between medical and dental visits for Iowa adults with diabetes in Iowa – 95% see their doctor for a medical checkup each year, but only 66% see a dentist.

Seeing a dentist each year is an important part of diabetes care. A dental visit can help prevent problems and may help keep your blood sugar in a better range.

*Data Source: Iowa Behavioral Risk Factor Surveillance System (BRFSS), 2024*

## How To Keep Your Mouth Healthy:

- Keep blood sugar within recommended levels.
- Brush twice a day & floss daily.
- Check your mouth for signs of gum disease:
  - Red, swollen, or bleeding gums
  - Gums pulling away from teeth
  - Sores on gums
  - Loose teeth
  - Bad breath
- Make dental visits part of your diabetes care. Aim for at least one visit each year.
- Tell your dentist you have diabetes and if your blood sugar has been running high.



# Dental Care Resources in Iowa

## Community Health Centers

These clinics offer dental care for patients regardless of income or insurance.

Ames -- (515) 232-0628  
Cedar Rapids -- (319) 730-7300  
Centerville -- (641) 856-4400  
Clarion -- (515) 532-3343  
Clarksville -- (319) 278-9020  
Clinton -- (563) 336-3000  
Columbus City -- (319) 728-7400  
Council Bluffs -- (712) 256-9151  
Davenport -- (563) 336-3000  
Dayton -- (515) 547-2974  
Des Moines -- (515) 248-1888 or (515) 248-1470  
Dubuque -- (563) 690-2850  
Eagle Grove -- (515) 293-8111  
Fort Dodge -- (515) 576-6500  
Keokuk -- (319) 313-8130  
Leon -- (641) 446-2383  
Marshalltown -- (641) 753-4021  
Mason City -- (641) 450-0601  
Mt. Ayr -- (641) 321-3020  
Muscatine -- (563) 327-2140  
Osceola -- (641) 446-2383  
Ottumwa -- (641) 683-5773  
Richland -- (319) 456-2045  
Sioux Center -- (712) 722-1700  
Sioux City -- (712) 226-9089  
Spencer -- (712) 232-4300  
Storm Lake -- (712) 213-0179  
Waterloo -- (319) 874-3000  
West Burlington -- (319) 768-5858

## Low-Cost Dental School Clinics

Dental and dental hygiene schools offer services at a lower cost.

Ankeny -- *Des Moines Area Community College*  
(515) 964-6280

Fort Dodge -- *Iowa Central Community College*  
(515) 574-1327

Iowa City --  
*University of Iowa & Kirkwood Community College*

- Student clinics: (319) 335-7499
- Faculty clinics: (319) 335-8232
- [www.dentistry.uiowa.edu/patient-care/dental-care-services](http://www.dentistry.uiowa.edu/patient-care/dental-care-services)

Omaha, NE --  
*Creighton University & Iowa Western Community College*  
(402) 280-5990

Ottumwa -- *Indian Hills Community College*  
(641) 683-5209

Waterloo -- *Hawkeye Community College*  
(319) 296-1030

## I-Smile Silver Program

Helps connect adults to dental care and payment help. Available in the following ten counties:

Calhoun, Hamilton, Humboldt, Pcahontas, Webster, Wright counties  
(515) 269-2248

Des Moines, Lee, Van Buren counties  
(319) 372-5225

Scott county  
(563) 326-8618 (ext. 8258)

## Donated Dental Services

Statewide program that helps people who need dental care but cannot afford it.

Application available at: [www.dentallifeline.org/iowa](http://www.dentallifeline.org/iowa)  
(515) 251-8000