

## DIABETES AND ORAL HEALTH CARE

**Table 1. IDF Guideline on oral health for people with diabetes, oral health recommendations**

**Recommendations on clinical care for people with diabetes**

1. On an annual basis, check to make sure daily oral hygiene measures are followed (brush twice per day/floss once a day) and that there is regular professional oral care
2. On an annual basis, ask about the symptoms of gum disease
3. If daily oral hygiene measures are not being followed and/or professional oral care is lacking, provide advice about the importance of doing so, because oral health is an important part of diabetes self-management.
4. Advise people reporting symptoms of gum disease to seek care from an oral healthcare professional.
5. Educate about the importance of diabetes control for oral health. Poorly controlled diabetes can impact oral health, especially gum disease.

Adapted from the International Diabetes Federation Guidelines Task Force

### Financial Assistance Programs for Dental Services Available in Waterloo Region

Program	Who is Eligible	Coverage
OW Adult (Ontario Works)	Adult OW clients and their dependent children (OW and ODSP) 18 years of age and older <ul style="list-style-type: none"> <li>• OW dental cards are issued monthly to program clients</li> </ul>	Emergency and discretionary care  Pre-approval may be necessary for some procedures  For more information, to confirm eligibility or to request a duplicate card, call Public Health at 519-883-2222 and select Option 1
ODSP (Ontario Disability Support Program)	Adult ODSP clients, their spouses and dependent children under 18 years of age <ul style="list-style-type: none"> <li>• Proof of ODSP coverage is required at each visit to the dental office</li> </ul>	Basic dental care  To confirm coverage or to request a duplicate dental card, call the ODSP office at 519-886-4700 or Accerta at 1-800-505-7430
Region of Waterloo Public Health Adult Emergency Dental Clinic	Waterloo Region Adults aged 18 and older <ul style="list-style-type: none"> <li>• Who do not have any form of dental insurance</li> <li>• Who are not eligible for any financial assistance programs</li> <li>• Who cannot afford to pay for dental treatment</li> </ul>	Emergency dental care  For more information and application call Public Health at 519-883-2222 <ul style="list-style-type: none"> <li>• Select Option 2 for Waterloo clinic</li> <li>• Select Option 3 for Cambridge Clinic</li> </ul>