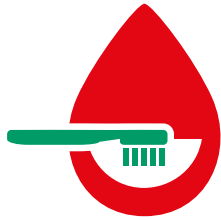


SUNSTAR



ORAL HEALTH

empowers
your diabetes
management



**LIVING HEALTHIER
WITH DIABETES**





Did you know that a large body of evidence indicates that your diabetes and oral health status are connected by a bidirectional link?

Poor blood sugar control increases the risk of oral health challenges, while oral health challenges can lead to poor blood sugar control and a higher risk of diabetes-related complications. By actively managing your oral care and maintaining healthy gums and teeth, you can live healthier, with your diabetes.

This brochure aims to provide you helpful information and solutions on how to best manage your oral health while living with diabetes.

YOUR ORAL HEALTH and diabetes

Studies show a strong bidirectional link between diabetes and gum disease, particularly in its most severe form (Periodontitis)

People with Periodontitis have¹:

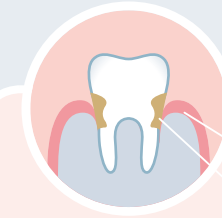
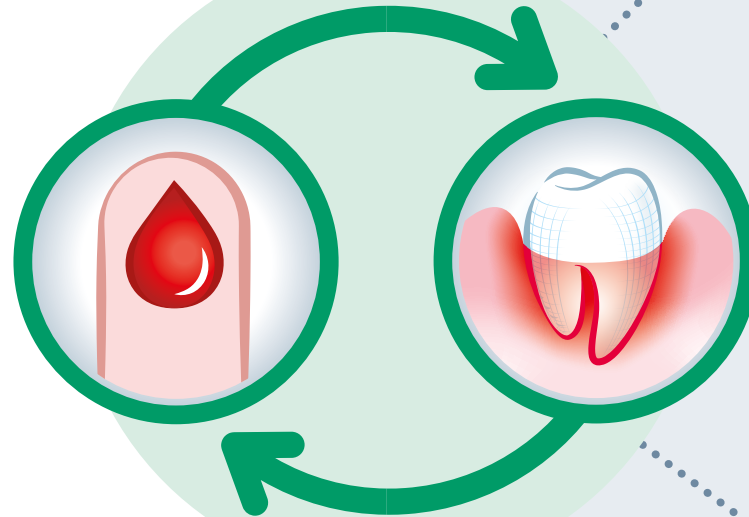
- 1 **Greater risk of developing poorer glycemic control** (True for both Type 2 diabetics and non diabetics)
- 2 **Greater risk of developing diabetes-related complications** (True for both Type 1 and Type 2 diabetics)
- 3 **Greater risk of diabetes onset** (For non diabetics)

What is gum disease?

Gum disease occurs when dental plaque bacteria builds up around the gums and teeth^{2,3} and irritates the gums, leading to inflammation, bleeding on brushing, swelling and soreness, as well as bad breath (halitosis). Diabetes and gum disease are both conditions with an inflammatory basis⁴; the systemic inflammation that occurs in periodontitis contributes to the inflammatory burden of people living with diabetes.

How can gum disease lead to poor glycemic control?

Compromised gum tissue opens the door for dental plaque bacteria to spread into the rest of the body via the blood stream. The presence of bacteria in the body triggers an immune response that enhances insulin resistance, makes blood sugar levels harder to control and exacerbates diabetic complications^{5,6}.



INFLAMED GUMS
DENTAL PLAQUE

Mild gum disease

GINGIVITIS

Plaque bacteria settles above the gum line. Gums are inflamed, sensitive and may bleed when brushing or flossing.

50% - 90% of the world's population is affected⁷



DENTAL PLAQUE
POCKET
INFLAMED GUMS
REDUCED BONE

Advanced gum disease

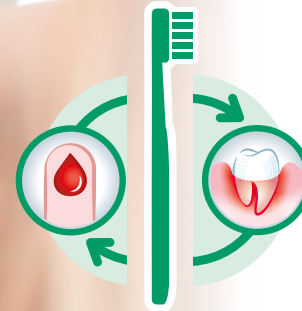
PERIODONTITIS

Plaque bacteria spreads below the gum line and causes severe inflammation. The gums pull away from the teeth to form infected pockets. Over time, the integrity of the bones, gums and tissue that support the teeth is compromised and if untreated will lead to tooth loss.

50% of adults worldwide are affected

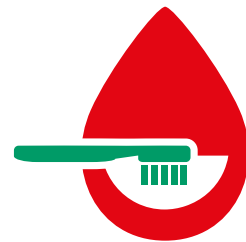
1.5 - 3 times more Individuals with diabetes are 1.5-3 times more likely to suffer from Periodontitis⁸

Managing your oral health **BREAK THE CYCLE**



Your diabetes requires a dedicated commitment to an effective oral care regime.

Good oral health can help you manage the bidirectional cycle that connects gum disease and diabetes. All it takes are regular visits to the dentist and improved oral care practices.



**LIVING HEALTHIER
WITH DIABETES**

1

Schedule a visit to your dentist right after diabetes diagnosis and follow up with regular visits

Your dentist can catch problems early, but only if you get regular check ups. Visit your dentist every 6 months for an exam and a professional teeth cleaning to remove tartar build up (hardened plaque bacteria). During every visit, keep your dentist informed about your diabetes status and highlight any changes in your medical regimen.

2

Keep your doctor informed about your oral health status and make sure he or she communicates with your dentist in case of an important complication

If you need to have oral surgery make sure your oral health specialist and your treating physician communicate with each other before the intervention. If diabetes is not under control surgical periodontal and implant therapy should be delayed until glycemic control is achieved.

Managing your oral health **BREAK THE CYCLE**



Your daily oral health routine **IT'S AS SIMPLE AS 1,2,3**

3

Practice excellence in daily oral care

Diabetes requires you to be committed to an effective oral health routine. That means brushing your teeth 3 times a day, but also regularly using floss and interdental brushes to remove plaque from your teeth, along and below the gum line and in between your teeth. Always finish off with a mouthrinse.

1

BRUSH your teeth 3 times a day (after each meal). Always rely on a toothpaste with a proven plaque control action

2

CLEAN IN BETWEEN YOUR TEETH using floss or interdental brushes. Use gentle products that are kind to your gums

3

RINSE. It's a refreshing way to finish off. Mouthrinse also allows you to care for hard to get to areas you may not have reached with your tooth brush

COMPLEMENT TOOTHBRUSHING WITH INTERDENTAL CLEANING TO ENSURE SUPERIOR PLAQUE REMOVAL^{9,10}

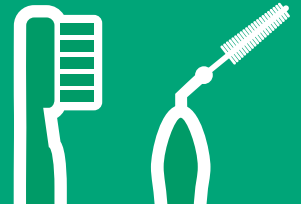
60%

TOOTHBRUSH ONLY



85%

TOOTHBRUSH + INTERDENTAL BRUSH



Oral discomforts while living with diabetes



Your diabetes may cause additional oral discomforts such as bad breath, dry mouth, problems tasting foods, susceptibility to infections in the mouth or delayed wound healing in the mouth.

Speak to your dentist if you are experiencing any of these symptoms or bleeding gums as they may be early signs of untreated gum disease.

Ask your dentist for solutions to alleviate these discomforts and improve your quality of life.

SUNSTAR

Rely on the help of a **GUM HEALTH SPECIALIST**

At GUM® we are dedicated to helping people maintain healthy gums and teeth throughout their life. Our range of oral care solutions for gum health are adapted to the needs of people living with diabetes. They have been scientifically shown to effectively **remove and control plaque**, all with a **gentle action** that protects & strengthens gum tissues. The ergonomic nature of our toothbrushes and interdental facilitates excellence in oral care.

Ready to practice great oral care? Following are a few practical tips.



TOOTHBRUSH:

Select a toothbrush with a small head that allows you to effectively clean along and below the gum line and in hard to reach spaces, such as GUM® Technique Pro®.



TOOTHPASTE AND MOUTHRINSE:

Use a toothpaste and mouthrinse with plaque control properties such as GUM® Paroex® (for the management of first signs of gum disease) or GUM® ActiVital® (for the prevention of gum disease). Both are gentle on your gums and help revitalize & strengthen gum tissues.



INTERDENTALS AND DENTAL FLOSS:

Daily cleaning between your teeth is one of the most important tools you have to maintain healthy gums. Once or twice a day, effectively remove interdental plaque with the help of dental floss or interdental brushes such as GUM® Trav-Ler®. When on-the-go, you can use GUM® Soft-Picks® for gentle removal of food debris and plaque.



30 YEARS

GUM®'s oral care solutions are backed by 30 years of SUNSTAR® scientific research inspired by our founder's personal experiences of living with diabetes

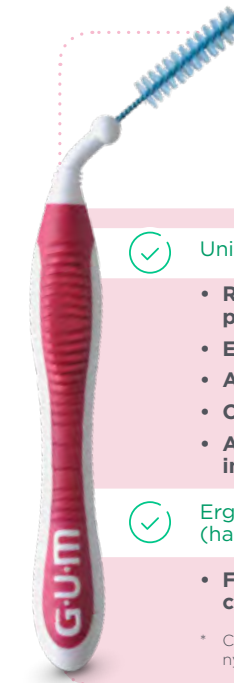
HEALTHY GUMS. HEALTHY LIFE.®



GUM® TechniquePro®

Cleans areas not easily reached by ordinary toothbrushes

- ✓ Multi-level and tapered bristles:
 - 7x more effective in removing plaque below & along the gum line*
 - Accesses hard to reach areas
 - Gentle on your gums
 - ✓ Ergonomic handle:
 - Facilitates excellence in brushing
- * Compared to conventional bristles



GUM® Trav-ler®

Removes more plaque in all interdental spaces

- ✓ Unique brush and bendable neck:
 - Removes up to 25% more plaque*
 - Easy reach of back teeth
 - Anti-bacterial bristle protection
 - Can be used multiple times
 - Available in 9 sizes- for all interdental spaces
 - ✓ Ergonomic handle with cap (handle extension)
 - Facilitates excellence in cleaning
- * Compared to ordinary nylon filament.



GUM® ActiVital®

Mouthrinse & Toothpaste:

Provide long lasting prevention against plaque; strengthen & revitalize gums

- ✓ Anti-plaque system
 - Effectively repels bacterial plaque
- ✓ With antioxidants Coenzyme Q10 and pomegranate
 - Gentle on gums
 - Fortify gums
- ✓ Effective yet gentle
 - Ideal for daily prevention
 - Does not stain teeth



GUM®

Soft-Picks Advanced®

For easy and effective cleaning between teeth

- ✓ Soft and flexible rubber bristles
 - Gentle removal of food debris & plaque
 - Gentle massaging for healthy & firm gums
 - Easy to fit and slide in between teeth
- ✓ Jaw like shape
 - Easy access of the entire mouth, including back teeth
- ✓ Ergonomic and portable
 - Facilitates excellence in oral care throughout the day

A COMPLETE RANGE OF SOLUTIONS to care for your oral health



PREVENTION

MANAGEMENT

TEETH & GUM CARE



BAD BREATH CARE



DRY MOUTH RELIEF

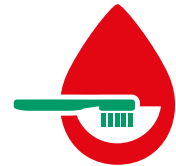
Available in your local pharmacy

HEALTHY GUMS.
HEALTHY LIFE.®

SUNSTAR

G·U·M®

PRACTICE EXCELLENCE in oral care



ORAL FITNESS PROGRAM



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ORAL FITNESS PROGRAM



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HEALTHY GUMS.
HEALTHY LIFE.®