

Be active for your teeth's sake!



Diabetes
New Zealand

We get a lot of information about the potential for diabetes complications for both Type 1 and Type 2. What if there was something that could help us to keep on top of our diabetes? **Damian Wiseman**, an exercise consultant with Type 1 diabetes, tells us how being active can help save our teeth.

Factors which have a positive impact on our diabetes management also impact positively on the health of our gums, mouth and teeth by reducing the risk of gum disease.

A study in the *Journal of Periodontology* in 2005 showed that people who exercise, have healthy eating habits and maintain a normal weight are 40% less likely to develop gum disease than those who do not have a healthy lifestyle.

This is particularly relevant for people with diabetes as they are two to four times more likely to develop gum disease than those without diabetes.

Getting creative ...

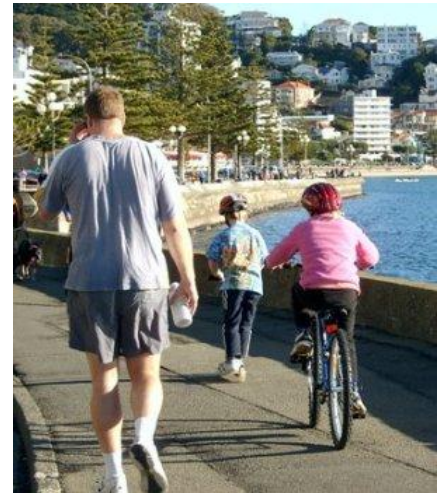
Fitting in enough physical activity can often be a real challenge. So how about getting creative? Why not make it a family affair?

- When was the last time you played a game of tag?
- When was the last time you went down to the playground and played on a seesaw or a slide or a swing?

Eating healthy food and regular physical activity help you to manage your blood glucose levels, boosting your body's immune system and its ability to fight off disease.

Physical activity has been shown to reduce levels of C-reactive protein in the blood, a marker of inflammation associated with cardiovascular disease and gum disease.

Making it a family affair helps to get your 30 minutes of activity a day



Keeping active ...

There are so many things that you can do to be active without even thinking about exercise:

- Kicking a ball around the park or garden
- Chasing your dog around the house (it's good for them too!)
- Mowing the lawns - how about taking turns for a circuit of the lawns and timing who can go the quickest?

Physical activity kills two birds with one stone. As well as helping you to manage your diabetes, it reduces the risk of gum disease.

Take the whole family out with you for a spot of activity and just think of all the teeth you'll be saving!