

ORAL HEALTH MATTERS

ESPECIALLY DURING PREGNANCY

You regularly see your OBGYN, but are you keeping up with your regular dental appointments?

During pregnancy, you may notice a change in your oral health. If you're experiencing red, swollen or bleeding gums, you're not alone! The good news is that many of these issues are preventable and treatable through regular dental visits and a good at-home oral care routine. Your dental care and prenatal care professionals can provide advice on how to keep your mouth and the rest of your body healthy during pregnancy.

Up to **70%** of women experience gingivitis during pregnancy

Oral health issues are common during pregnancy

Common Changes During Pregnancy:	Oral Health Effects You May Not Expect:	What You Can Do About It:
 Hormone Increase	Hormone changes can bring on gum inflammation (gingivitis).	Choose a toothbrush, toothpaste and rinse that fight gingivitis.
 Morning Sickness	Morning sickness with vomiting can increase risk of enamel erosion.	Rinse mouth after vomiting. Use a toothpaste with stannous fluoride daily to help prevent acid erosion.
 Increased Sugar Intake	Greater sugar intake can increase risk of cavities.	Try to avoid excessive sugar intake
 Stronger Gag Reflex	Stronger gag reflex can make brushing unpleasant.	Find times in the day to brush, floss and rinse when you're feeling your best.

Myth

If I focus on a daily routine that includes prenatal vitamins, healthy eating and exercise, I am doing everything I can to stay healthy during pregnancy.

Fact

Professional dental care and a good at-home oral health routine are an essential part of a healthy pregnancy.

Did You Know?

During pregnancy, increased hormone levels can affect the way your body reacts to plaque that builds up on your teeth, causing redness, swelling and even bleeding gums. This is commonly known as pregnancy gingivitis.

Steps to maintain good oral health during pregnancy:

- 1 Create a daily at-home oral care routine if you do not already have one.
- 2 Be sure to use products that are proven to fight plaque and gingivitis.
- 3 Make an appointment to see your dentist during pregnancy.

Dentist: _____

Contact Info: _____



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