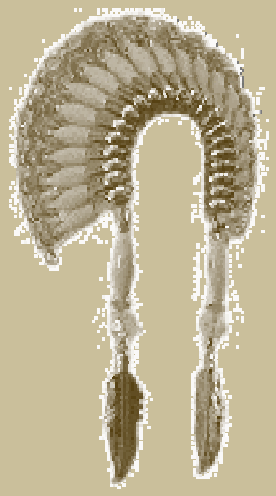
Dental Health Fact Sheet-Prenatal

Pregnancy and Dental Health

Dental health is very important during pregnancy and should not be neglected. The two most common forms of dental disease are tooth decay and gum-disease. Dental disease is caused by bacterial infection. Pregnant moms with dental disease are 7 times more likely to have premature or low birth weight babies because of the infection!

Warning Signs of Dental Disease

- Bad taste in mouth
- Red or Swollen Gums
- Tender Gums
- Bleeding Gums
- Loose teeth
- Sensitive teeth
- Pain when chewing
- Pus around teeth and gums
- Tartar (brown, hard deposits) on tooth surfaces



How to prevent Dental Disease

- Some women have dental problems during pregnancy. Hormone changes can make your gums sore and swollen and cause bleeding. In most women brushing and flossing the teeth daily can prevent this. Brush after breakfast and before bedtime, using a fluoridated toothpaste. If bleeding continues even after brushing and flossing for 10 days, see your dentist.
- Nutrition is very important during pregnancy because your baby gets nutrients from you. By eating right, you can start caring for your teeth and your baby's teeth as soon as you find out you are pregnant. Be sure to eat food with calcium and Vitamin D everyday. Your doctor or WIC staff can give you advice on how to eat well during your pregnancy.
- It is important to see your dental professional at least once during your pregnancy to prevent dental problems. Be sure to make a dental appointment before your baby is born.

Designed by: Inter Tribal Council of Arizona, Inc.
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For more information
Contact your local dental clinic