

ORAL HEALTH MATTERS

ESPECIALLY DURING PREGNANCY

You know to expect a growing baby bump throughout your pregnancy, but did you know you may notice a change in your oral health, too? If you're experiencing red, swollen or even bleeding gums, you're not alone! The good news is that many of these issues are preventable and treatable. Your dental care and prenatal care professionals can provide guidance 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:

	Hormonal Changes	Can affect the body's response to plaque bacteria, causing gum inflammation also known as gingivitis
	Morning Sickness	Can increase risk of enamel erosion
	Sugar Cravings	Can increase risk of cavity formation
	Stronger Gag Reflex	Can make brushing teeth unpleasant

MYTH

Oral health issues are an unavoidable part of pregnancy—so much so that the old saying goes, "You lose a tooth for every baby."

FACT

Most oral health issues related to pregnancy can be prevented and/or treated with regular professional care and an at-home oral care routine that includes products that fight plaque and gingivitis.

Did You Know?

During pregnancy, there is an increased production of hormones like estrogen, progesterone and others. Changes in hormonal levels are thought to cause shifts in oral bacteria and change reaction of the body to infection, which often leads to development of gum inflammation also known as gingivitis.

Win the fight against plaque and gingivitis!

These Crest® and Oral-B® products are specifically designed to fight plaque and clinically proven to reduce gingivitis.



*The March of Dimes and AWHONN do not endorse any specific brands or products