



Your Dental Health During Pregnancy

Interesting Facts:

- Periodontal disease affects up to 40% of women during their reproductive years.
- The bacteria that cause periodontal disease and tooth decay are transmissible through saliva from mother / father to child.
- Mother's oral bacteria can predict the child's oral bacteria.
- Periodontal infection and the progression of periodontal disease during pregnancy are associated with adverse outcomes, such as pre-term low birth weights.

What You Should Know:

- *Effective preventive techniques* and successful treatment measures exist to reduce decay rates and periodontal disease during your pregnancy.
- *You* can take matters into your own hands before and during your pregnancy to safeguard the oral health of your unborn child.
- Good oral health during pregnancy is not optional.
- Products with xylitol in them help to reduce the growth of certain oral bacteria.

What You Should Do:

- Develop a consistent and thorough daily routine to keep your teeth and gums healthy. Ask your Hygienist for advice.
- Visit your dentist prior to conception to ensure *you and your spouse*, are in good dental health.
- Visit your dentist as soon as you know you are expecting.
- Use gums, mints and toothpastes that have xylitol listed as one of the ingredients.

Source: Obstet Gynecol. 2008 Apr;111(4):976-86

Title: "Maternal oral health in pregnancy"

Author: Boggess KA