



## **Pregnancy, Preeclampsia and Your Dental Health**

### **Interesting Facts:**

- Preeclampsia is a toxic condition of late pregnancy (>20 weeks).
- Preeclampsia is characterized by high blood pressure (>140/90) and excess protein in the urine.
- Preeclampsia occurs in 5-8% of pregnancies and progresses rapidly.
- Preeclampsia and other hypertensive disorders of pregnancy are the leading cause of maternal and infant illness and death.

### **What You Should Know:**

- Women with high Cross Reactive Protein (CRP) levels were more likely to develop preeclampsia than women with low CRP. (CRP is a protein produced by the liver, which enters the bloodstream, when chronic inflammation is present in the body.)
- Women with periodontal disease and high CRP levels had increased risk for preeclampsia compared to women without perio disease, regardless of their *CRP levels*.
- Maternal periodontal disease with systemic inflammation is associated with an increased risk for preeclampsia.
- Periodontal disease contributes to the likelihood of preeclampsia.

### **What You Should Do:**

- *Ask* your ObGyn if you are at risk for preeclampsia.
- *Ask* your ObGyn if you should have your CRP levels checked.
- *Visit* your Dental Hygienist every 12 weeks during your pregnancy and ask for a periodontal evaluation at each visit.
- *During pregnancy*, eat right, exercise, get plenty of rest and follow the dental health care routine recommended by your Hygienist.

Source: Am J Obstet Gynecol. 2008 Apr;19(4):389.e1-5.

Title: Maternal periodontal disease, systemic inflammation and preeclampsia.

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