



## ORAL HEALTH IS IMPORTANT DURING YOUR PREGNANCY

### WHY?

- Changing levels of hormones during pregnancy can make symptoms of gum disease worse
- Pregnant women with gum disease are more likely to deliver babies too soon and too small
- Children of women with poor oral health are at increased risk for tooth decay

### WARNING SIGNS OF GUM DISEASE:

- Frequent swollen, red or bleeding gums, tooth sensitivity and bad breath are warning signs of gum disease

### WHAT YOU CAN DO TO GAIN GOOD ORAL HEALTH?

- Go to the dentist for a dental exam
- Brush your teeth twice each day with a fluoridated toothpaste
- Floss your teeth each day
- Use a mouth rinse (Listerine, Stannous Fluoride, chlorhexidine)
- Eat a balanced diet
- Stop using tobacco

**Contact your health care professionals for more information.**

#### **Prepared by:**

Sharlee Shirley Burch, RDH, MPH  
 UK College of Dentistry, Extension Health Specialist  
 UK Cooperative Extension HEEL Program  
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