

# Baby your teeth



Periodontal disease can increase the risk of premature, low birthweight infants by seven times - posing a greater risk than that of tobacco or alcohol.

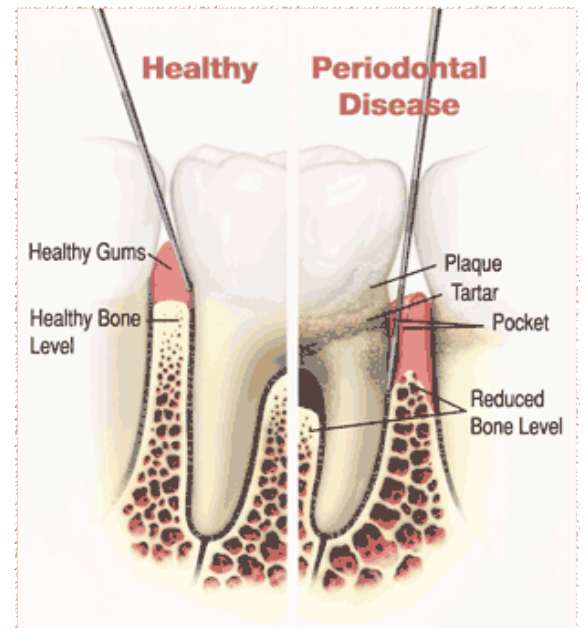
-- Journal of Periodontology

## Does Gingivitis occur more often during pregnancy?

- Yes. That's because the increased level of hormones affect the way gums react to irritants in plaque
- Also, research in patients with periodontitis suggests that plaque bacteria and inflammatory proteins may enter the bloodstream and cause premature, low birth weight babies.

## What you can do to help keep your teeth and gums healthy during pregnancy

- Keep your teeth and gums clean by brushing and flossing twice a day
- Eat healthy and try to limit sugary foods



## When you visit the Dental office

- Let your dentist and hygienist know you are pregnant
- The dental office may contact your physician to discuss your dental treatment

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