



Smile:

YOU'RE EXPECTING

If you are pregnant or considering becoming a mom, you want to be healthy from head to toe. Your dental health is an important part of the journey, so regular checkups and good oral hygiene habits shouldn't be overlooked. A healthy mouth reduces your risk of gum disease and other pregnancy conditions, since pregnant women who have severe gum disease may be at risk for pre-term delivery and could have babies with low birthweight.¹

WHAT YOU CAN DO TO KEEP HEALTHY

- Brush and floss twice daily.
- Visit your dentist during your first trimester.
- Eat well balanced meals that include vitamins A, C, D and phosphorous.²
- Tell your dentist or hygienist that you are pregnant so that he or she can minimize your exposure to x-rays.³



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We keep you smiling®

CHANGES TO YOUR MOUTH DURING PREGNANCY

Gum disease

During your pregnancy, you may experience a surge in hormones that could cause red, swollen and tender gums that are more likely to bleed. Pregnancy gingivitis commonly occurs between the second and eighth month of pregnancy. Women who already have gingivitis may find that their symptoms get more severe.

Pregnancy tumors

Some women may experience an overgrowth of gum tissue between teeth known as pregnancy tumors. These growths are believed to be related to excess plaque and are often surgically removed after the baby is born.

SMILEWAY® WELLNESS PROGRAM

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¹ Rajiv Saini, Santosh Saini, Sugandha R. Saini. Periodontitis: A risk for delivery of premature labor and low-birth-weight infants. *J Nat Sci Biol Med.* 2010 Jul-Dec; 1(1): 40-42.

² American Dental Association, *What to Eat When You're Expecting*, MouthHealthy™, 2016

³ American Dental Association, *Is It Safe To Go To the Dentist During Pregnancy?*, MouthHealthy™, 2016

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