

Oral Health Matters

Working together to improve your oral health



PREGNANT WOMEN

Do you know the health of your gums affects the health of your unborn baby?

Research shows that a pregnant woman with gum disease has a better risk of having a baby too small.¹

Pregnant women should see a dentist at least one time during pregnancy. Necessary treatment can be provided throughout pregnancy.

Gum Disease

Gum disease doesn't hurt, so you might not know you have it.

If your gums bleed when you brush, you may have gum disease.

The best way to ease chances of gum disease is to brush your teeth at least once a day, but twice a day is better.

If you think you might have gum disease, see your dentist. Early gum disease is easy to treat.

¹Offenbacher, Steven, "Periodontal Infection as a Possible Risk Factor for Preterm Low Birth Weight" Journal of Periodontology 1996 October; 67 (10 Suppl): pp. 1103-1113.

If you have questions about your dental benefits or need help finding a dentist call customer service at:

1-800-936-0978

Idaho Smiles
Dental care for a healthy smile