



I will take care of my teeth and myself to help my baby be healthy.

Today I will:

- Start brushing twice a day
- Start flossing every day
- Cut down on sweet drinks and snacks
- Make good food choices
- Take my prenatal vitamins
- Quit smoking
- Make a dental appointment

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 **HCAP**
Healthy Communities Access Program
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Protecting the health of your unborn baby:

Tooth and gum care during pregnancy

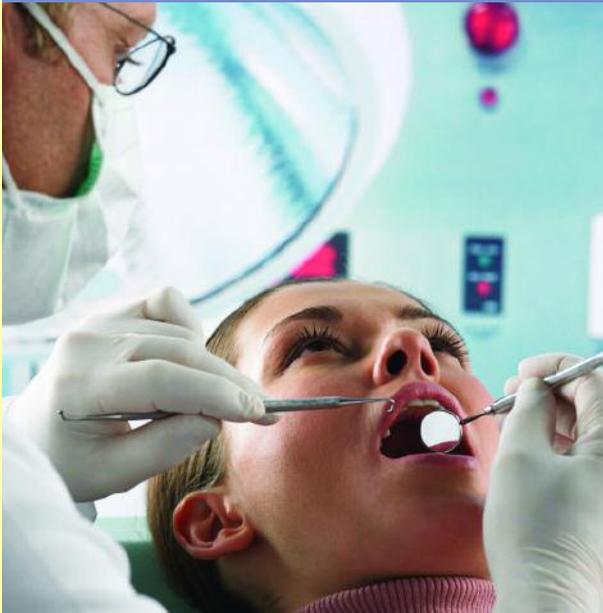


Gum disease and your unborn baby.

Gingivitis is the most common kind of gum disease. It causes your gums to swell and bleed. It can lead to periodontitis — a serious infection of the gums and bone — and can cause your baby to be born too early and too small. Some signs of gum disease include bad breath, bleeding gums, red and swollen gums, sores that won't heal, and pain and discomfort when chewing your food.



One way to make certain you deliver a healthy baby is to take care of your smile.



Gum disease can cause your baby to be born too early and too small.

Dental care during pregnancy is important — and it's safe.

Babies born too early and too small are more likely to die in the first month of life or have lifelong health problems and disabilities.

For your health and the protection of your child, have at least one dental check up during your pregnancy. Dental procedures such as cleaning and filling teeth are perfectly safe for you and your unborn child.

Be sure to tell your dental health professional you are pregnant and if it is a high risk pregnancy.

Three things to remember about oral health and pregnancy are:

- 1** Gum disease is a serious health problem.
- 2** Have at least one dental checkup during your pregnancy. Routine dental procedures are safe for you and your unborn baby.
- 3** Gum disease can cause you to give birth too soon to a baby that is too small, and may cause serious health problems and disabilities.

Even after birth, infection from tooth decay or gum disease can pass from mother to child — creating serious health problems.

A healthy mom is more likely to give birth to a healthy baby.

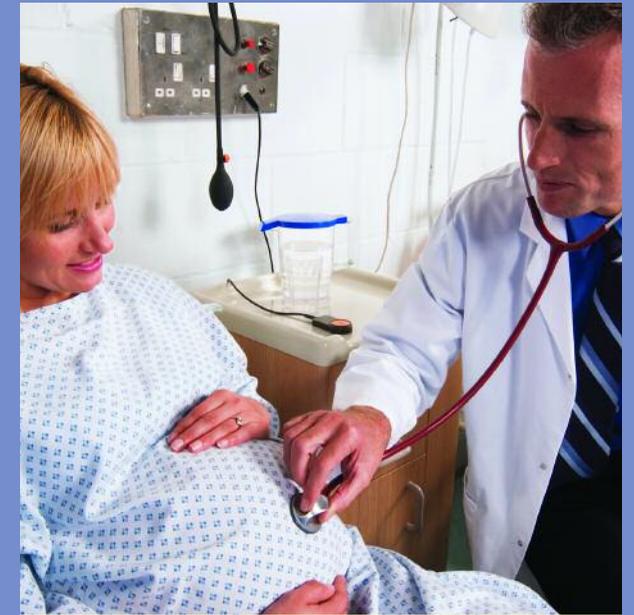
- Brush and floss daily.
- Use fluoride toothpaste.
- Make good food choices.
- Don't smoke and avoid places where people are smoking.
- Limit sweet drinks and snack foods.
- Take prenatal vitamins.

Have a dental check-up.

To locate a dentist in your area, call the toll-free Idaho CareLine by dialing 2-1-1.

For more information on oral health during pregnancy:

- www.idahochild.org
- www.hmhb.org/oralhealth.html
- www.perio.org/consumer/pregnancy.htm



Babies born too early and too small can have lifelong health problems.

