



A healthy mouth can help you have a healthy baby

Simple dental care tips for moms-to-be

Healthy teeth and gums are important during every period of life, but especially when you're having a baby. Here are a few reasons why:

- Pregnancy can increase the risk for dental health issues like gum disease, which has been linked to premature birth.¹
- Pregnant women may also be at a higher risk for cavities due to behavior changes like frequent snacking or not brushing their teeth as often as they usually do.²
- Children whose mothers have untreated cavities or lost teeth are three times more likely to have cavities as a child.²

The good news is that keeping your teeth clean and your gums healthy is easy. There are simple tips that can help.

We're here to help

You can count on us to help support your dental health during your pregnancy and in every period of your life to come. To find out how healthy your teeth and gums are, take an online Dental Health Assessment by logging on to anthem.com/ca/dentalhealth or using our Sydney Health app. You can also email questions to a dental hygienist and receive a response within 48 hours.

Checklist for a healthy mouth

- ✓ **Go for regular cleanings and checkups.** You should visit your dentist at least once during your pregnancy.
- ✓ **Brush and rinse often.** If you have morning sickness, stomach acid can attack your teeth, so brushing often or mixing a teaspoon of baking soda with a cup of water and rinsing well are important.¹
- ✓ **Limit food and drinks high in sugar.** Reducing these in your diet will help prevent cavities.
- ✓ **Floss daily.** You should try to floss at least once a day.
- ✓ **Use soft-bristled toothbrushes.** These toothbrushes will help reduce gum irritation. It's recommended to brush at least two times a day — and after meals and snacks when you can.

¹ March of Dimes: *Dental health during pregnancy* (June 2019); marchofdimes.org.

² Centers for Disease Control and Prevention: *Pregnancy and oral health* (February 19, 2019); cdc.gov/oralhealth/publications/features/pregnancy-and-oral-health.html.