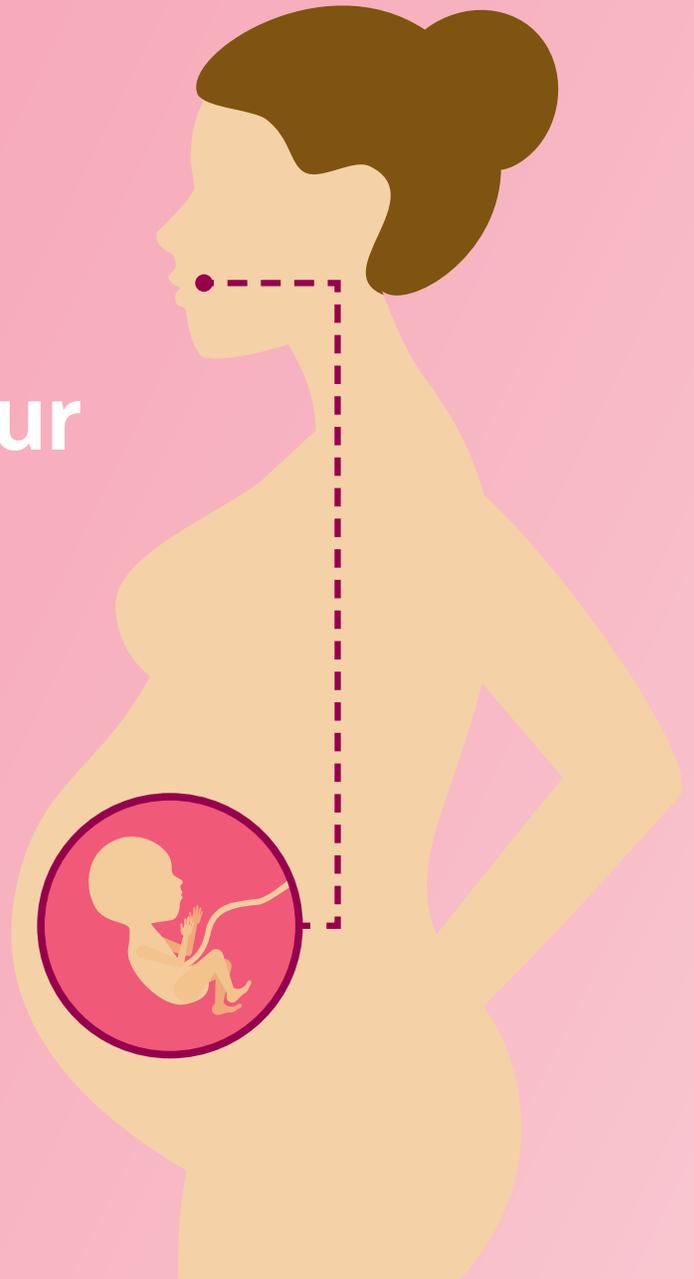


# Can poor oral health affect your pregnancy?



## The mouth is the gateway to the body

Studies have connected poor oral health during pregnancy to increased risk of gum disease. Maternal periodontitis is modestly but independently associated with adverse pregnancy outcomes including premature birth and low birthweight.<sup>1</sup> Pregnant women often experience more severe cases of gum disease, potentially increasing the risk of pregnancy complications.<sup>2</sup> While current research has not established causation, the correlations are notable.

# Small steps with a big impact

An effective daily oral care routine can keep your mouth healthy and may contribute to better overall health.



## Brush

The right tool and technique make all the difference – speak with your dental professional about how to improve your brushing



## Interdental cleaning

The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly for healthy gums



## Rinse

Use a therapeutic mouthwash to help reduce plaque and gingivitis



## Checkups

Even with the best at-home care, you should visit your dental professional twice a year



## The early signs of gum disease

Detect gum disease early by monitoring your oral health. Here's what you should look for:

- Bleeding gums when you floss or brush
- Red, swollen and tender gums
- Persistent bad breath or bad taste

Have you experienced any of these symptoms? Consult your dental professional.

## At-home management of periodontitis with Philips Sonicare

In a six-month clinical study, Philips Sonicare was shown to offer significant benefits to patients managing mild to moderate periodontitis at home post nonsurgical periodontal therapy.<sup>3</sup>

### 4 weeks

Philips Sonicare reduces pocket depth

### 4 months

Up to 15x more Sonicare patients converted to "healthy" gingival status vs. manual toothbrush users<sup>4</sup>

### 20 weeks

Gum bleeding was reduced up to 106x better than a manual toothbrush

### 6 months

Up to 90x more patients had reduced pocket depth using Sonicare vs. a manual toothbrush<sup>5</sup>

Results from study using a Philips Sonicare DiamondClean Smart power toothbrush with a Premium Gum Care brush head



Learn more about Philips Sonicare products at [philips.com](https://philips.com)

