

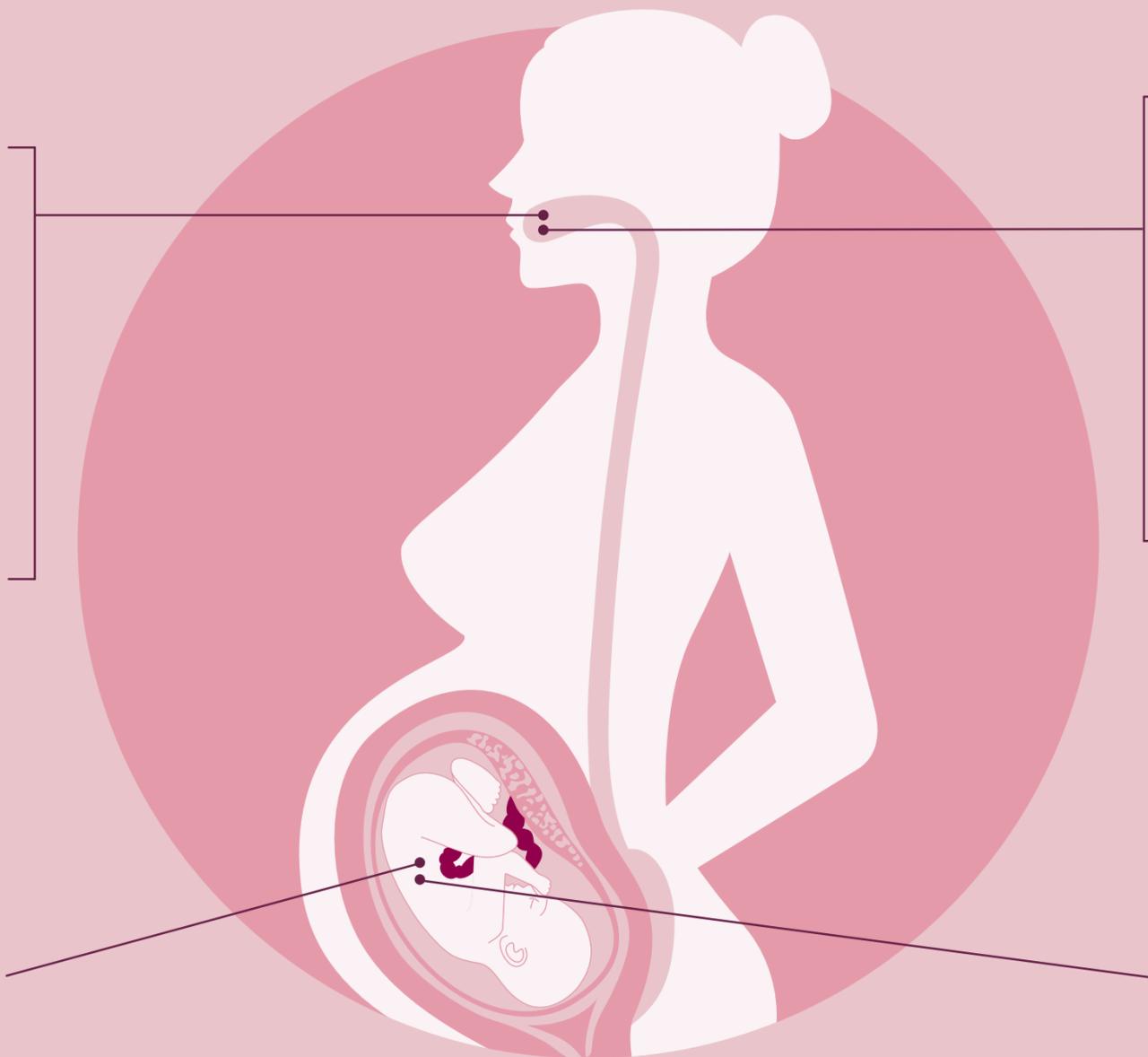
# How pregnancy can affect your oral health



Studies have demonstrated changes in oral biofilm and an **increase in the concentration of pathogenic bacteria during pregnancy.**<sup>1</sup> Morning sickness and repeated vomiting can also coat teeth in strong stomach acid, increasing risk of tooth decay which can be transferred to the baby.<sup>2</sup>

**Both regular dental care at home and non-surgical dental procedures are safe during pregnancy** – and associated with a 3.8-fold decrease in the rate of preterm delivery.<sup>8</sup>

Associated with increased risk for preeclampsia and preterm birth, **periodontal disease creates an oral wound that allows invasive oral biofilm inhabitants and toxins to spread through the vascular tree and reach the fetus.**<sup>3</sup>



The body's rise in hormones can cause sensitive teeth or swollen and inflamed gums, which can sometimes lead to pregnancy gingivitis. If left untreated, it can lead to pre-term birth and low birth weight.<sup>5</sup>

Studies show that **60-75% of pregnant women will experience pregnancy gingivitis due to plaque build-up.**<sup>6</sup> These issues can be combated by brushing for two minutes, twice a day. For a more thorough clean, consider flossing and using a Philips Sonicare power toothbrush.<sup>7</sup>

Studies have connected poor oral health during pregnancy to increased risk of gum disease. **Left untreated, prenatal gum disease may impact the growth of a fetus and even lead to premature birth or miscarriage.**<sup>4</sup>

## Sources:

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- <sup>2</sup> American Dental Association. (2021). *Pregnancy and Your Dental Health – American Dental Association [Slides]*. Mouth Healthy. <https://www.mouthhealthy.org/en/pregnancy-slideshow>
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- <sup>4</sup> Sanz, M., & Kornman, K. (2013). Periodontitis and adverse pregnancy outcomes: consensus report of the Joint EFP/AAP Workshop on Periodontitis and Systemic Diseases. *Journal of Periodontology*, 84(4-s), S164–S169. <https://doi.org/10.1902/jop.2013.1340016>
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- <sup>6</sup> Steinberg, B. (1999). Women's oral health issues. *Journal of Dental Education*, 63(3), 271–275. <https://doi.org/10.1002/j.0022-0337.1999.63.3.tb03276.x>
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