



GUM HEALTH AND PREGNANCY

How is pregnancy and gum health related?

Your body undergoes several hormonal changes during pregnancy. These changes often tend to aggravate an early-stage gum disease called gingivitis, which causes gums to swell and turn red.

If left untreated, gingivitis can result in loosening or falling of the bone that supports the teeth.

Did you know?

Periodontitis, an advanced gum disease, is often associated with poor pregnancy outcomes - including preterm birth and low birth weight.



HERE ARE THE TELL-TALE SIGNS OF GINGIVITIS

Look for the following symptoms

- Red or swollen gums
- Tender or bleeding gums
- Sensitive teeth
- Difficulty or pain when chewing
- Loose teeth



HERE'S HOW YOU CAN KEEP YOUR GUMS HEALTHY DURING PREGNANCY

Here are some handy tips.

- **Brush twice a day for 2 minutes**

It will help you get rid of the bacteria in the mouth and reduce swelling and redness in the gums.

Use a zinc-containing toothpaste such as Pepsodent GumCare that fights dental plaque and is clinically proven to reduce gum problems. Request your doctor if you need more information on a good brushing technique.

- **Floss once a day**

It will help prevent the plaque build-up by removing small bits of food stuck between your teeth.

- **Maintain a healthy diet**

Add vitamin C - Vitamin C can help combat gingivitis. You can get more vitamin C by consuming fruits like orange, lemon, etc

Add vitamin A - This is essential in helping bones and teeth grow and more than ever for the prenatal growth. Consume them naturally from fruits and vegetables like carrots, spinach, oranges etc

Avoid having sugary drinks and foods as it may lead to cavities



INFORMATION YOU SHOULD PROVIDE YOUR DENTIST WHEN YOU ARE PREGNANT

- Inform your dentist about your pregnancy during every visit
- Tell them how far you are based when you make your appointment
- Let your dentist know about the medications you are taking or if you have received any special advice from your physician

REFERENCE

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