

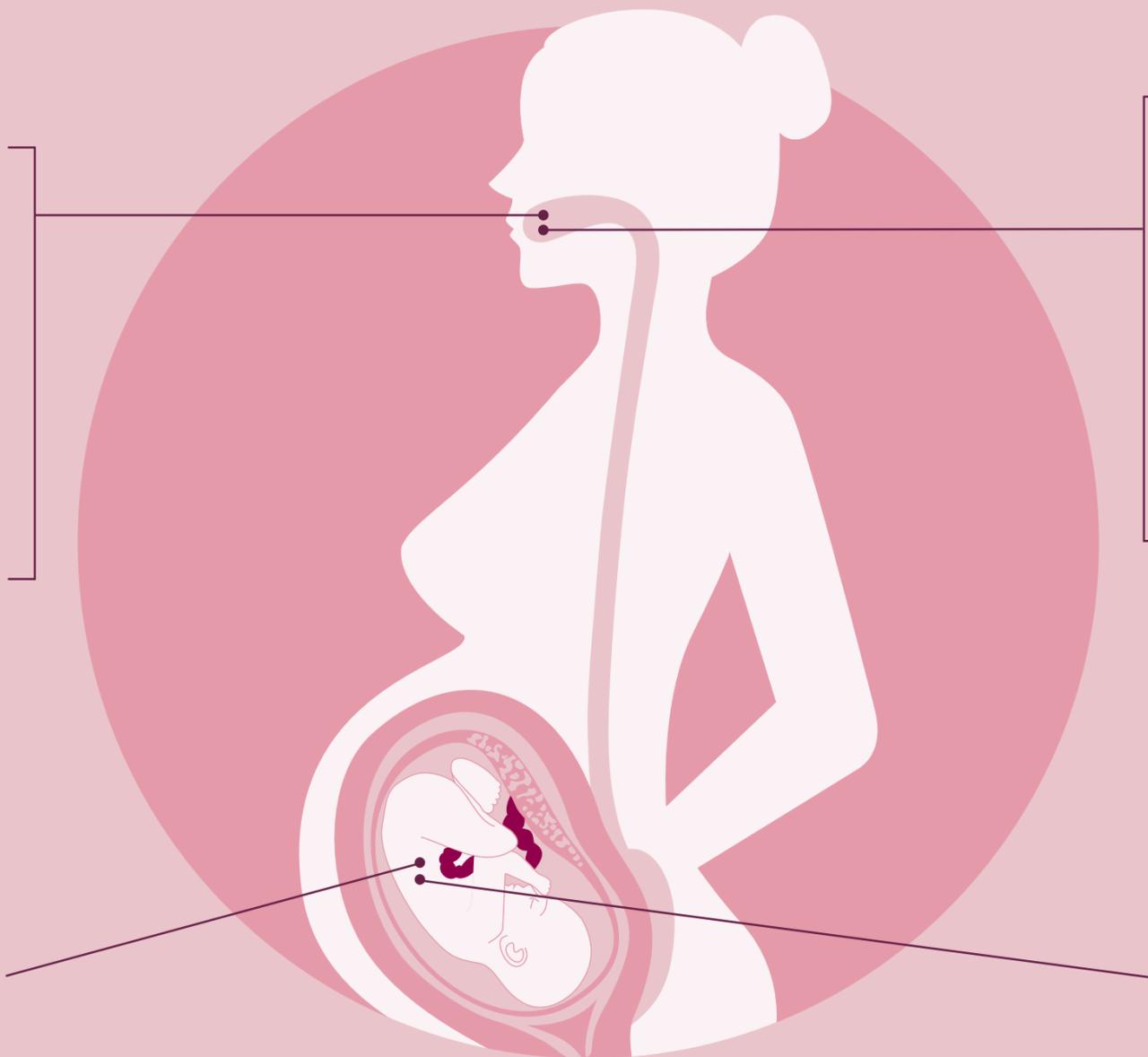
How pregnancy can affect your oral health



Studies have demonstrated changes in oral biofilm and an **increase in the concentration of pathogenic bacteria during pregnancy.**¹ 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.²

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.⁸

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.**³



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.⁵

Studies show that **60-75% of pregnant women will experience pregnancy gingivitis due to plaque build-up.**⁶ 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.⁷

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.**⁴

Sources:

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- ⁴ 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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- ⁶ 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>
- ⁷ Philips Oral Healthcare. *Most Common Teeth Conditions & Gum Diseases During Pregnancy*. Philips. <https://www.usa.philips.com/c-e/pe/oral-healthcare-articles/oral-healthcare-for-kids/pregnancy-gingivitis-and-bleeding-gums.html>
- ⁸ Offenbacher, S., Lin, D., Strauss, R., McKaig, R., Irving, J., Barros, S. P., Moss, K., Barrow, D. A., Hefti, A., & Beck, J. D. (2006). Effects of Periodontal Therapy During Pregnancy on Periodontal Status, Biologic Parameters, and Pregnancy Outcomes: A Pilot Study. *Journal of Periodontology*, 77(12), 2011–2024. <https://doi.org/10.1902/jop.2006.060047>