

PREGNANT WOMEN



Do you know the health of your gums affects the health of your unborn baby?

Research shows that a pregnant woman with gum disease has a higher chance of having a baby too small.¹

Pregnant women should see a dentist at least one time during pregnancy. Necessary treatment can be provided throughout pregnancy.

Use the Find a Dentist tool on [DentaQuest.com](https://www.dentaquest.com) to find a provider near you or call member services at 1-888-912-3456.

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Gum Disease

- When you are pregnant, you have a higher risk of gum disease.
- Gum disease doesn't hurt, so you might not know you have it.
- If your gums bleed when you brush, you may have gum disease.
- The best way to ease chances of gum disease is to brush your teeth at least once a day, but twice a day is better.
- If you think you might have gum disease, see your dentist. Early gum disease is easy to treat.



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¹Offenbacher, Steven, "Periodontal Infection as a Possible Risk Factor for Preterm Low Birth Weight" Journal of Periodontology 1996 October; 67 (10 Suppl): pp. 1103-1113.