



# Smile: You're Expecting

If you are pregnant or considering becoming a mom, your oral health shouldn't be overlooked. A healthy mouth reduces your risk of gum disease and other pregnancy conditions. Pregnant women with gum disease face a higher risk of pre-term delivery and low birth weight.<sup>1</sup>

## WHAT YOU CAN DO

- > Brush and floss twice daily.
- > Visit your dentist during your first trimester.
- > Eat well balanced meals that include vitamins A, C, D and phosphorous.<sup>2</sup>
- > Avoid routine and elective x-rays during pregnancy.<sup>3</sup>

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## CHANGES TO YOUR MOUTH DURING PREGNANCY

### Gum disease

During your pregnancy, you may experience a surge in hormones that could cause red, swollen and tender gums that are more likely to bleed. Known as pregnancy gingivitis, this condition usually occurs between the second and eighth month of pregnancy. Women who already have gingivitis may find that their symptoms get more severe.

### Pregnancy tumors

Some women may experience an overgrowth of gum tissue between teeth known as pregnancy tumors. Caused by inflammation, these growths are not cancerous and usually go away on their own after the baby is born. You can also ask your dentist to remove them.

## YOUR DELTA DENTAL PLAN

To help you maintain your oral health, Delta Dental offers enhanced benefits for pregnant women. This coverage includes an additional exam, cleaning or periodontal procedure<sup>4</sup> as needed, once pregnancy is confirmed.<sup>5</sup>



Visit [mysmileway.com](http://mysmileway.com) — a one-stop-shop for dental health-related tools and tips, including interactive quizzes, a risk assessment tool and a subscription to *Grin!*, our free dental wellness e-magazine.

<sup>1</sup> Rajiv Saini, Santosh Saini, Sugandha R. Saini. Periodontitis: A risk for delivery of premature labor and low-birth-weight infants. *J Nat Sci Biol Med.* 2010 Jul-Dec; 1(1): 40–42.

<sup>2</sup> American Dental Association, What to Eat When You're Expecting, *Healthy Mouth*, 2016

<sup>3</sup> Hujoel PP et al. Antepartum dental radiography and infant low birth weight. *JAMA.* 2004;291(16):1987-93.

<sup>4</sup> May include a periodontal scaling/root planing procedure for those patients who have completed active periodontal maintenance treatment at least three months earlier.

<sup>5</sup> Written confirmation of pregnancy must be provided by your attending dentist when the claim is submitted.

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### Product Administration

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA, Delta Dental of Pennsylvania — PA & MD, Delta Dental of West Virginia, Inc. — WV, Delta Dental of Delaware, Inc. — DE, Delta Dental of New York, Inc. — NY, Delta Dental Insurance Company — AL, DC, FL, GA, LA, MS, MT, NV, TX and UT.

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