

Pregnancy and **Oral Health**



Good oral health and seeing your dentist for routine checkups while you are pregnant is vital for both you and your baby.


CareSource[®]

Congratulations, you're expecting!



Your oral health is important. Your body goes through many changes during pregnancy. Pregnancy can also impact your oral health. Changes in hormone levels raise your risk for oral health issues, such as gum disease and more.

You **may** have:

- Sore, swollen and/or bleeding gums when you floss or brush (pregnancy gingivitis).
- Overgrowth of gum tissue or small, berry-colored lumps at the gum line or between teeth, called “pregnancy tumors.” They are most common after the first trimester, grow quickly, and often go away after pregnancy.
- Higher risk of tooth decay.
- Loosening teeth.
- Tooth sensitivity.



When not treated, gingivitis can lead to a more serious form of gum disease. Studies also show that women with gum disease are more likely to have **early delivery, low birth weight babies and pregnancy related high blood pressure.**

Ways to take care of your oral health:



Brush teeth twice a day with fluoride toothpaste and floss daily



If you vomit, rinse your mouth with water



Eat healthy foods like fruits, vegetables, whole-grains, lean meats, and low-fat dairy products



Drink water or seltzer instead of drinks with added sugars like soda or fruit drinks



Eat less sweet food, like candy or cake





Visit Your Dentist While Pregnant

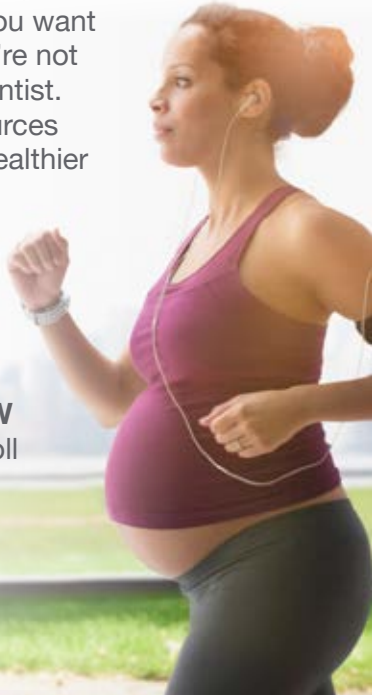
Schedule an appointment with your dentist before you are pregnant or as soon as you know you are pregnant. **CareSource covers your dental visits.** Do not put off dental treatment because you are pregnant. Dental procedures are safe during pregnancy. Untreated dental disease can lead to more serious health problems like infection, pain and inability to eat.

Tell your dentist if you are pregnant, planning to become pregnant or if you think you might be pregnant. Let them know if you have any risks linked to your pregnancy. Your dentist and doctor can work together to make sure you get the care you need.

More Ways to Stay Healthy

Practice other healthy behaviors (exercise, don't use tobacco, drugs or alcohol). Alcohol is never safe during pregnancy. Tobacco can harm your teeth and gums, and it can harm your baby. If you want to quit smoking, but you're not sure how, talk to your dentist. They can help with resources that help you to lead a healthier lifestyle and have a healthy baby.

If you need help quitting smoking or tobacco use, call the Indiana Tobacco Quit Line at **1-800-QUIT-NOW** (1-800-784-8669) to enroll or ask questions.



We are here for **you** and **your baby**:

Finding a Dentist

Visit findadoctor.caresource.com to find a dentist. You can also call Member Services at **1-844-607-2829** (TTY: 1-800-743-3333 or 711) for questions on benefits or help finding a dentist.



Rewards for Dental Visits



Did you know you may be eligible for rewards for routine dental visits? For more information, visit [CareSource.com](https://www.caresource.com), click on *Benefits and Services*, then *Rewards*.