



Healthy mouth. Healthy baby. (Happy mom.)

Simple dental care tips for expecting moms

Good dental health matters throughout your life. But when you're expecting a baby, you'll want to take extra care of your teeth and gums. Here are a few reasons why:

- Pregnant women are more likely to develop a mild form of gingivitis. This gum infection causes gums to be red, tender and sore, or bleed a little when you brush or floss.
- Poor dental habits during pregnancy may also play a part in premature birth, low birth weight and gestational diabetes.¹

But enough of that scary stuff. The good news is that keeping your teeth clean can play a big part in helping your gums stay healthy and infection-free. You can do it, mighty mom!

We're always here to help.

Visit [anthem.com/dentalhealth](https://www.anthem.com/dentalhealth) to learn how our dental programs support total health.

Our legal team wants us to remind you that we're not giving you medical advice here. That's a special conversation between you and your doctor! Our goal is to help you get the most from your health plan. Curious what's covered? Log in to our website to see your personalized benefits.

¹American Dental Association sponsored website, Mouth Healthy: [mouthhealthy.org](https://www.mouthhealthy.org)

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Good dental health when you're pregnant can be pretty simple. (We've got the checklist below to prove it.)

Checklist for a healthy mouth

- ✓ Get cleanings and checkups by a pro — visit your dentist at least one time while you're pregnant.
- ✓ Brush or rinse really well if you have morning sickness, since stomach acid can attack teeth. Add a teaspoon of baking soda to a cup of water and rinse.
- ✓ Limit food and drinks that are high in sugar.
- ✓ Brush with a soft-bristled toothbrush at least two times a day.
- ✓ When you can swing it, brush after meals and snacks.
- ✓ Floss once a day.
- ✓ See a dentist right away if you think you may have a gum infection.