



DHSS OFFICE OF DENTAL HEALTH  
**NEWSLETTER**  
 MONTHLY MISSOURI ORAL HEALTH UPDATE

January 2024 | Issue No. 3



**Happy New Year!**

FROM THE OFFICE OF DENTAL HEALTH

**Brushing for Two – Oral Health and Pregnancy**

**Now you're brushing for two**

**WHEN YOU'RE PREGNANT YOU MAY BE MORE PRONE TO GUM DISEASE AND CAVITIES**

**THAT'S WHY EVERY PREGNANT WOMAN NEEDS TO GET A DENTAL CHECK-UP**

**ONCE SHE COMES, BE PRETTY BUSY**

**IF YOU HAVE MORNING SICKNESS, WE'RE GUESSING YOU'LL BE SURE TO BRUSH TWICE A DAY AND FLOSS DAILY**

**MAKE YOUR APPOINTMENT BEFORE THE BABY COMES**

**BE SURE TO BRUSH TWICE A DAY AND FLOSS DAILY**

Proper oral health is important at every stage of life, especially during pregnancy! Those who are pregnant are more prone to gum disease and cavities due to an increase in hormones and morning sickness. This can negatively impact the health of the baby. Pre-term births, low birthweight, and preeclampsia are all linked to poor dental health of the mother. It is imperative to keep good oral hygiene during pregnancy by brushing twice a day, flossing, eating nutritious foods, reducing sugar intake, and drinking fluoridated water. Additionally, dentists recommend rinsing the mouth with a teaspoon of baking soda mixed with a cup of water to combat weakened tooth enamel after morning sickness.

Are you pregnant and need a dentist? Go to [Locate Low-Cost Dental Services](#) or [ADA Find a Dentist](#). In the state of Missouri, dental visits during pregnancy are covered by Medicaid. For more information, visit the following Office of Dental Health link. [Pregnancy and Dental Health | Oral Health | Health & Senior Services \(mo.gov\)](#) or [Healthy Moms, Healthy Babies website](#)

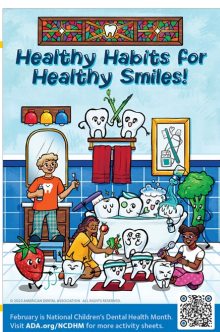
**Oral Health Services for Individuals with Intellectual/Developmental Disabilities**

The Elk's Mobile Dental Program provides access to dental care for individuals with intellectual/developmental disabilities. In cooperation with Jackson County and Truman Medical Center, the Missouri Elks Benevolent Trust and the Missouri Department of Health and Senior Services administer preventive oral health services to the special health care needs population. The program allows for staff and mobile dental units to travel across Missouri to serve this population. Mobile Unit treatment includes, but is not limited to, examination, diagnosis, removal of teeth, restoration of teeth, infection treatment, x-rays, and root canals. To schedule an appointment today, please visit [Dental Clinic Lakewood University Health \(universityhealthkc.org\)](#)

**Diabetes and Dental Health**

Around 34 million United States citizens are living with diabetes. Diabetes can hinder dental health by exacerbating dry mouth, gingivitis, thrush, and periodontal disease. Approximately, one in five individuals diagnosed with Type I and Type II diabetes are affected by periodontal disease. Research suggests that treating gum disease can improve glucose control, thereby slowing the progression of oral disease. Warning signs of oral health problems include excessive gum bleeding after brushing, tender gums, bad breath, bite change, and loose teeth.

Keep your dentist and hygienist informed about your diabetes to maintain regular dental visits and prevent diabetes-related dental health issues. For more



**Upcoming**

**National Children's Dental Health Month in February**

The American Dental Association sponsors the National Children's Dental Health Month (NCDHM) every February. The NCDHM raises awareness for the importance of children's oral health and provides resources for dental societies, healthcare providers, teachers, and parents. Stay tuned for more information about the National Children's Dental Health Month in the next Monthly Missouri Oral Health Update Newsletter!

[National Children's Dental Health Month | American Dental Association \(ada.org\)](#)

January 2024 | Issue No. 3

PO Box 570  
 Jefferson City, MO 65102-0570  
 Phone: 573-751-5874  
 Email: [oralhealth@health.mo.gov](mailto:oralhealth@health.mo.gov)

Oral Health | Health & Senior Services (mo.gov)  
 Next edition: February 2024 | Issue No.4



Office of Dental Health