Did you know that mouth infections during pregnancy can harm both mother and her baby?

- Mouth infections can cause a condition called Pre-eclampsia, which is the leading cause of death in a pregnant mother and limits blood flow to her baby.
- Mouth infections increase the risk of Pre-term, Low Birth Weight Baby Syndrome including:
  - Breathing problems
  - Increased risk of infections
  - Digestive problems
  - Failure to Thrive Syndrome
  - Sudden Infant Death Syndrome (SIDS)

What are the signs of a mouth infection?

- Bad breath.
- Red, swollen and bleeding gums.
- Loose gums that pull away showing more tooth.
- New spaces between teeth.
- Toothache or other pain.

Call your dentist right away if you have pain or swelling, or think you have a mouth infection to prevent problems for you and your baby!
How can I have good oral health during pregnancy?

- Visit the dentist before and during pregnancy. Dental visits are safe! Dental cleanings help keep teeth and gums healthy.
- Brush teeth two times a day for two minutes using fluoride toothpaste.
- Floss once a day. You are brushing and flossing for you and baby!
- Rinse your mouth with one teaspoon of baking soda in one cup of water after vomiting. Acid in your mouth can make your teeth enamel weak.
- Drink water with fluoride to help strengthen teeth preventing cavities.
- Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to help you make healthy food choices.
- Chew xylitol or sugar free gum.
- Exercise to help you feel more comfortable during pregnancy. Always check with your health care provider to see if exercise is safe for you and your baby.
- Stop using tobacco, drugs and alcohol. Missouri Tobacco Quitline provides guidance and support with quitting. Call 800-Quit-Now (800-451-0669) or visit [www.quitnow.net](http://www.quitnow.net).

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