Tips and Tricks: Pregnancy, Gum Disease and Diabetes

Gum (periodontal) disease is an infection of the gums and bone that support your teeth. It can affect 4 out of 10 pregnant women and may have a negative impact on your pregnancy. If you have diabetes, that puts you at greater risk for gum disease. Here are some steps you can take to help have a healthy mouth and a healthy pregnancy.

• See your medical and dental professionals:
  – Make sure your blood glucose levels are under control
  – Have a dentist or dental hygienist check for periodontal disease
  – Follow through with recommended treatment and home care (dental treatment is safe during pregnancy)

• Be alert for signs of gum disease:
  – Sore, puffy, or red gums
  – Bleeding gums when you brush
  – Bad breath
  – Loose teeth

• Establish a daily dental care routine:
  – Brush your teeth twice each day, especially just before bed
  – Use a soft bristle toothbrush and pea-size amount of toothpaste with fluoride
  – Gently brush all sides of your teeth, especially along the gum line
  – Spit but do not rinse after brushing
  – Floss between your teeth
  – Use a mouthwash for gum disease, if recommended by a dentist or dental hygienist

Gum disease can cause serious problems in your mouth that can also impact your overall health. Take steps to keep your mouth healthy.

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