



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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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