Oral Health Care

Not Brushing is Dangerous

Brushing your teeth twice a day is the best way to prevent Periodontitis, a bacterial infection that can destroy the bone and fibers that support your teeth. It is caused by a buildup of plaque and food debris in your mouth. Unfortunately, there aren't any symptoms to warn you before Periodontitis has done damage to your gums and teeth.

What does this mean for a pregnant woman?

When you get an infection like Periodontitis, your body does its best to fight off the bacteria. When this happens, your body produces chemicals that travel throughout your body, including your uterus. These chemicals have been found to cause preterm labor and low birth weight.

How to have Great Oral Health:

- Brush your teeth at least twice a day with toothpaste and a soft bristled brush.
- Floss your teeth every day.
- Visit your dentist for a cleaning twice a year.
- Replace your toothbrush every 3–4 months.
- Eat healthy foods and limit the amount of sugar you consume.