



# ORAL HEALTH AND PERINATAL HEALTH MAKE THE CONNECTION



## Heart disease

- Expectant mothers with gum disease are at a greater risk for preeclampsia, putting both mother and baby at risk.



## Pre-term low birthweight

- Expectant mothers with gum disease and inflammation, or who smoke, may be more likely to give birth to an underweight or preterm baby.



## Diabetes

- Excessive plaque, gum disease, and oral infections can all affect blood sugar and lead to gestational diabetes-related pregnancy complications.



## Respiratory Infections

- Brushing twice a day, flossing daily, and drinking fluoridated water can reduce your risk for lung infections, gum disease, and cavities.



## Tooth loss

- Regular dental visits and eating a healthy, balanced diet will decrease pregnancy complications and also support baby's tooth development.



## Periodontal (Gum) disease

- Hormonal changes during pregnancy can lead to an increase in gum inflammation and gum disease.



## Dental decay

- Morning sickness with vomiting can increase tooth erosion. Mothers can pass the bacteria that causes tooth decay to their children.

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Sources and Resources available at [www.ct.gov/dph/oralhealth](http://www.ct.gov/dph/oralhealth) and [www.cdc.gov/podcasts](http://www.cdc.gov/podcasts)



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**29%** of postpartum women did not receive a dental cleaning in the 12 months before their pregnancy



**1 in 10**

postpartum women did not know it was important to care for their teeth and gums during pregnancy



**Over one-third (37.2%)**

of recent postpartum women did not receive a dental cleaning during pregnancy

**17.1%**

of recent postpartum women needed to see a dentist for a problem during their pregnancy

**1 in 4**

did not go to a dental provider for this problem



**Barriers to going to a dental clinic for this problem:**

**11.3%** could not find a dental provider that would take pregnant patients

**9.0%** could not find a dental provider that would take Medicaid patients

**25.4%** did not think it was safe to go to the dentist during pregnancy

**18.2%** could not afford to go to a dental provider

Citation:

1. Connecticut Pregnancy Risk Assessment Monitoring System (PRAMS), 2013-2014