

Decisions, decisions, decisions

To help your dentist choose a treatment plan that is right for you, you may want to provide answers to the following questions:

- Are you pregnant or planning on becoming pregnant?
- If you are pregnant, how far along are you?
- Do you take any medications? If so, what do you take and what is the dosage?
- Has your doctor given you any specific medical advice to follow during your pregnancy?

Crushing the culprit

Good oral health starts at home, so make sure you take the necessary steps to ensure a healthy and happy pregnancy. Stopping periodontal disease now can save your teeth and gums – and can aid in your quest for a smooth-sailing pregnancy. The success of your overall health – and your baby's overall health – is directly linked to good oral health.

Please note: Some services may not be covered under your benefit plan. Please refer to your benefit plan document for details concerning benefits, procedures and exclusions.

Sources

Academy of General Dentistry: www.agd.org
All About Health News, Articles and Discussion: www.ndri.com/article/periodontal_gum_disease_treatment_should_be_included_in_pregnancy_care_programs-308.html
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Pregnancy-Info.net. Dental Care During Pregnancy. www.pregnancy-info.net/dental_care.html

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Pregnancy and Oral Health

How effective treatment of periodontal disease can help to reduce problems during pregnancy



Periodontal disease can complicate your pregnancy. The sooner your dentist can control the infection, the better your chances are at reducing your risk for premature birth and low birth weight - both of which can be very harmful to you and your baby. Of course, you will have to do your part too - maintain good oral health care at home now!

Get a grip on gum disease

During pregnancy, increased hormone levels can make your teeth and gums extra sensitive to germs, which could increase your risk of developing inflammation (gingivitis) and certain dental infections like periodontal disease. If you are diagnosed with periodontal disease, it is imperative that you take the necessary steps to treat it. Not seeking immediate treatment can mean a difficult pregnancy and can result in premature birth and low birth weight. Your best defense against periodontal disease is maintaining good oral health and overall health.

Treating periodontal disease during pregnancy

Getting the proper dental care during your pregnancy is important, especially if you have been diagnosed with periodontal disease. Through early detection, your dentist can provide treatment that can stop gum disease and nurse your gums back to health, preventing additional bone or tooth loss.

Your dentist can treat periodontal disease during your routine cleanings and dental checkups by performing a very common procedure known as scaling and root planing. During this routine procedure, plaque and calculus are removed

from the pockets around the tooth and the root surfaces are smoothed. This allows the gums to reattach to the tooth. Scaling and root planing can also help reduce your risk of periodontal disease, as well as painful swelling and tenderness of your gums.

Generally, these appointments are made during the second trimester after your baby has formed his or her vital organs. This can help reduce potential risks to you and your unborn child. However, treating periodontal disease during your regular cleanings in your first or third trimesters hasn't proven to be harmful.

The type of treatment you have and when depends on the extent of your periodontal disease and your stage of pregnancy.



Statistic: Pregnant women are actually more prone to dental complications and it is important to get these complications treated effectively.

— Pregnancy-Info.net

Statistic: Periodontal cleaning and plaque removal (scaling and root planing) is proven to be effective against periodontal disease.

— All About Health News, Articles and Discussion