

## Oral Health & Pregnancy

Taking care of your health while pregnant is important, and taking care of your oral health is an important area that sometimes gets overlooked. Practicing good oral hygiene will help keep you and your baby healthy during your pregnancy.

Tips for keeping your mouth healthy during pregnancy:

- Schedule at least one dental visit while you are pregnant
- Eat fewer sugary snacks and drink fewer sugary drinks (like pop and juice)
- Use a soft bristled toothbrush
- Drink water
- Floss once a day before bed
- Rinse every night with an alcohol-free mouthwash



Be sure to tell your dentist you are pregnant before your appointment. Your dentist will want to know your due date and if you have any concerns during your pregnancy. Tell your dentist about any medications or supplements you are taking. Don't skip any required dental treatments. Delaying oral health care can lead to big problems down the road.

**Gum disease during pregnancy is linked to premature and low birth weight babies.**



In 2014, the Macomb County Health Department recognized a growing need to draw support from all community groups to advocate for better oral health in the community. Consequently in 2015, the Macomb County Oral Health coalition (MCOHC) was launched. The coalition membership includes representatives from more than a dozen organizations working collaboratively to promote oral health in Macomb County.

**Vision:**

All Macomb County residents have access to quality and affordable oral health services and oral health is integrated into their overall health and well-being.

**Mission:**

The mission of the Macomb Oral Health Coalition is to improve oral health of all people in Macomb County.

**Learn more and find oral health resources:**

[health.macombgov.org/health-OralHealthCoalition](http://health.macombgov.org/health-OralHealthCoalition)

586-463-1254

**Find a dentist near you through the  
Michigan Dental Association:**

[www.smilemichigan.com](http://www.smilemichigan.com)