

# MEET YOUR MOUTH

## IT'S PART OF YOUR BODY



## Your Mouth and Pregnancy

Expecting mothers are more susceptible to cavities. 1 in 4 pregnant women have a cavity. Hormonal changes affect the acidity in the mouth, which can lead to increased cavities

Increased hormones also make mothers more susceptible to gingivitis, which is an infection in the gums. This is very common in expecting mothers, anywhere between 60-75% will be infected.

Loose teeth are also common, as the increased hormones can loosen the connective tissue in teeth and gums.

Mothers who experience a lot of morning sickness can experience tooth erosion caused by stomach acid.

It is important for mothers to take care of their oral hygiene because any bacteria and infection can enter the bloodstream and into the uterus. A mom with poor oral health is more likely to pass damaging bacteria to the newborn.

More Information

