WHEN DO PREGNANT WOMEN GET GUM DISEASE?
Pregnant women may get a type of gum disease called “pregnancy gingivitis.” It is caused by changing hormone levels. It usually begins in the second or third month of pregnancy. It may increase in severity up until the eighth month of pregnancy.

WHAT ARE COMMON SYMPTOMS OF GUM DISEASE?
Some women may notice swelling, bleeding, redness, or tenderness in the gum tissue.

HOW DOES GUM DISEASE AFFECT MY PREGNANCY?
Pregnant women who have gum disease may be seven times more likely to have a baby that is born too early and too small.

In some cases, gums swollen by pregnancy gingivitis can react strongly to irritants and form large lumps. These growths, called “pregnancy tumors,” are not cancerous and are generally painless. If the tumor persists, it may require removal.

HOW CAN I MAINTAIN GOOD DENTAL HEALTH WHILE PREGNANT?
• Brush twice a day and floss your teeth daily.
  Use fluoridated toothpaste.
• Select a toothbrush that is soft and has rounded bristles.
• Maintain a balanced diet for proper nutrition. Avoid unnecessary sugars.
• See your dentist regularly, even during pregnancy.

WHEN SHOULD I BE CHECKED FOR GUM DISEASE?
All infections are cause for concern among pregnant women because they pose a risk to the health of the baby.

If you are planning to become pregnant or are pregnant, be sure to include a visit to the dentist as part of your prenatal care.