

> Pregnancy and your teeth

Taking care of your teeth is especially important while you are pregnant. The health of your teeth and gums can affect the health of your baby.

Take care of your teeth, and take care of your body

Your oral health matters. As a Moda Health member, you can see your dentist every six months for a cleaning. You can get an additional cleaning in your third trimester even if you have already had two cleanings in the past twelve months. Your dentist will help make sure your mouth is healthy, which will help you have a healthy baby.

X-rays can be taken if necessary, even if you are pregnant. Just ask your dentist to use a lead apron with a thyroid collar when taking X-rays. Going to the dentist is safe during pregnancy.

Your mouth matters, because:

- > Germs in your mouth can be passed on to your baby while you are pregnant.
- > Gum disease is linked with premature delivery and low-birthweight babies.

You have support

If you can't find a ride to or from a dental appointment, call your local Department of Human Services office or worker one week ahead of time. You'll find those numbers on your medical care ID form.

If you need the name of a dentist or have questions about your OHP coverage, call Moda Health Customer Service at 800-342-0526, or visit us online at modahealth.com/ohp.



Eat healthy and take care of your teeth

Here are a few tips to help you have a healthy pregnancy:

- > Be sure to include foods high in calcium and Vitamin D in your diet.
- > Snacking during the day can cause more tooth decay. Try to limit sweet snacks.
- > Brush your teeth after eating.
- > Remember to brush twice a day and floss every day.
- > Stop smoking. Smoking can cause dental problems and hurt your baby.

If you currently smoke and would like help quitting, call the Oregon Tobacco Quit Line at 800-QUIT-NOW (800-784-8669), or visit oregonquitline.org.



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