

## The bottom line

The healthier you are, the healthier your baby will be. If you stick to your daily dental regimen at home and visit your dentist for regular checkups, you will definitely have something to smile about!

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](http://www.agd.org)  
American Academy of Periodontology: [www.perio.org](http://www.perio.org)  
American Dental Association: [www.ada.org](http://www.ada.org)  
Journal of Periodontology Online: [www.joponline.org/loi/jop](http://www.joponline.org/loi/jop)  
National Institute of Dental and Craniofacial Research/National Oral Health Information Clearinghouse: [www.nidcr.nih.gov](http://www.nidcr.nih.gov)  
Parenting Weekly: [www.parentingweekly.com/pregnancy/pregnancy\\_health\\_fitness/dental\\_care.htm](http://www.parentingweekly.com/pregnancy/pregnancy_health_fitness/dental_care.htm)  
Pregnancy-Info.net. Dental Care During Pregnancy. [www.pregnancy-info.net/dental\\_care.html](http://www.pregnancy-info.net/dental_care.html)

### BARRICKS INSURANCE SERVICES

13900 NW Passage #302  
Marina Del Rey, CA 90292  
Phone: (877) 566-5454

<http://www.barricksinsurance.com>



Anthem Blue Cross Life and Health Insurance Company is an independent licensee of the Blue Cross Association. © ANTHEM is a registered trademark. © The Blue Cross name and symbol are registered marks of the Blue Cross Association.

MCABR2762C 5/08



## Pregnancy and Oral Health

Dental treatments you should  
avoid while pregnant



Taking care of your oral health is an important part of your overall health – especially during pregnancy. Pregnancy can affect your oral health and your need for dental treatment. During this momentous time in your life, your body goes through hormonal changes that can increase your chances of getting periodontal disease. These hormonal changes can also accelerate the disease and decrease the effectiveness of your treatment.

Once you understand these changes, you can practice good oral health habits that can keep your teeth and gums healthy and happy, and reduce any risks (such as premature birth and low birth weight) to you and your baby.

### The success of your overall health is linked to good oral health

Your mouth is connected to your body, which means periodontal disease can affect your overall well-being and pregnancy can impact your overall oral health. It is especially important for you to seek preventive oral health care and to adhere to your dentist's recommendations during your pregnancy. If you treat your periodontal disease, you will be at lower risk for complications during your pregnancy.

By realizing the importance of the link between your overall health and good oral health, you are more likely to see the value in visiting your dentist and doctor on a regular basis.

### Prevention is priceless

Good oral health care is extremely important during your pregnancy and you should continue with your regular dental cleanings and checkups to avoid oral infections that can affect your baby. However, dentists recommend that if major dental treatments are not urgent, that you postpone them until after your child is born.

The first trimester, the stage of pregnancy in which most of the baby's organs are formed, is the most crucial to a baby's development. That is why it is best to have procedures performed during the second trimester to reduce the risk of any possible complications, such as premature birth and low birth weight.

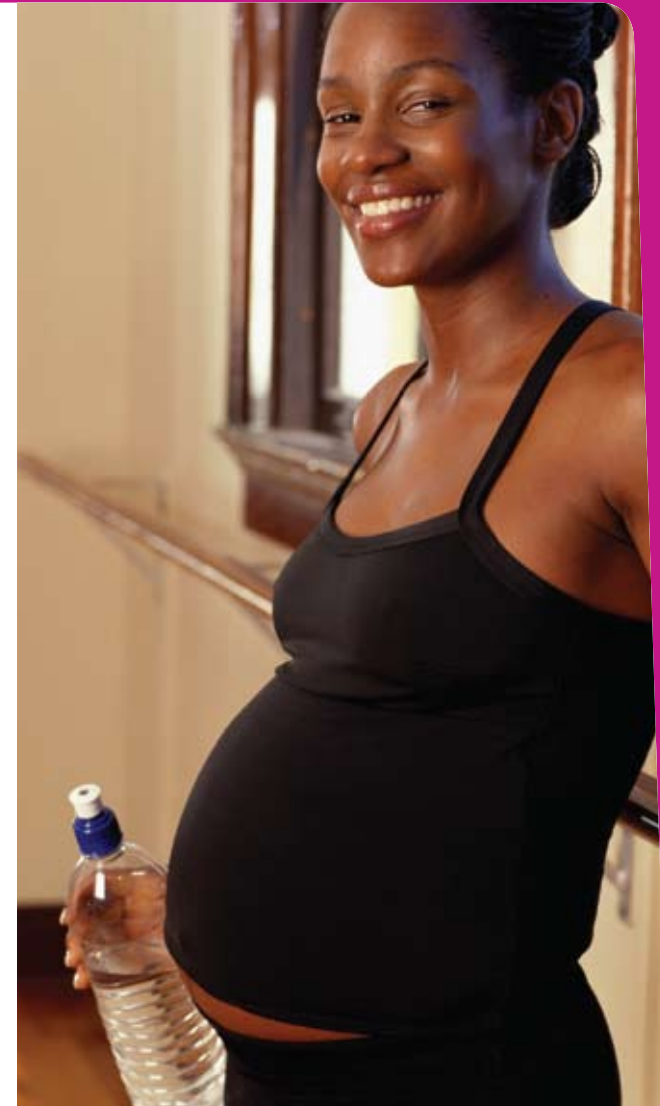
### Treatments to avoid while pregnant

There are some treatments that you should consider having performed after the birth of your child, if possible, to avoid potential risks during your pregnancy. These treatments include:

- Teeth whitening
- Cosmetic procedures
- X-rays
- Procedures that require you to sit for long periods of time

**Statistic:** Approximately 50 percent of pregnant women experience a condition called pregnancy gingivitis.

— Parenting Weekly



**Statistic:** Researchers from New York University found that certain bacteria from the mouth may be related to pre-term delivery and low birth weight.

— Journal of Periodontology